# GOOD HOUSEKEEPING'S BOOK *of* MENUS, RECIPES, *and* HOUSEHOLD DISCOVERIES

# GOOD HOUSEKEEPING

*For the Advancement of the American Home*

Among the many features which make up Good Housekeeping every month may be listed the following:

HOUSEHOLD ENGINEERING

A famous department of GOOD HOUSEKEEPING INSTITUTE which treats from practical experience and scientific research all phases of the selection, care, and use of household equipment.

COOKERY

In the kitchen-laboratories of the Department of Cookery of GOOD HOUSEKEEPING INSTITUTE all recipes and methods are actually tested and tasted by cookery experts before publication in the pages of the magazine.

FASHIONS

A practical and authoritative service which shows the best that New York and Paris have to offer; the newest styles delightfully illustrated. A Local Shopping Service, a National Shopping Service, and a lesson in dressmaking every month.

FURNISHINGS AND DECORATIONS

A real service rendered by practical articles in the magazine, supplemented by advisory correspondence. Regular exhibits in our own Studio.

NEEDLEWORK

A department conducted by the foremost needlework expert in the world—Ann Orr.

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Directed by Dr. Harvey W. Wiley, noted pure food expert.

HEALTH AND BEAUTY

Health as the foundation of beauty and suggestions for adding to one's personal charm are given each month by a well-known beauty expert. Supplemented by advisory service.

CHILD TRAINING

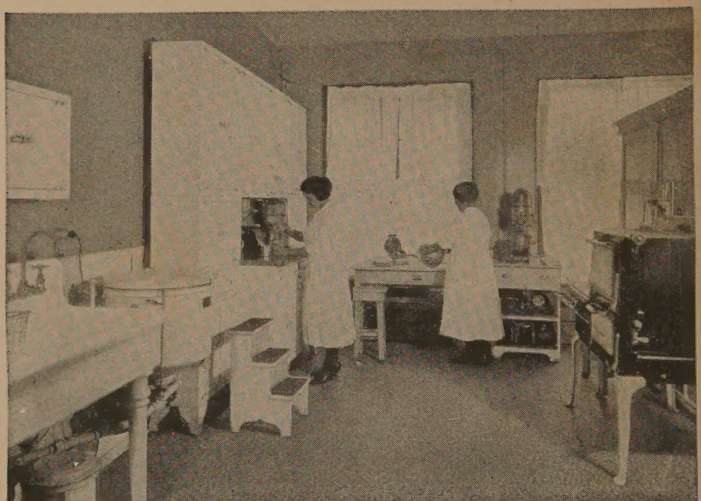
This subject is treated regularly from the point of view of education, recreation, physical care, psychology, etc. Authoritative information is furnished by our School Service Bureau. And on the lighter side, cut-outs in colors every month.

FOR THE BUSINESS AND PROFESSIONAL WOMAN

Regular articles dealing with woman's opportunity in government and public welfare and business, together with reports of allied activities.

FICTION

The names of the authors of Good Housekeeping Fiction indicate its quality: Gertrude Atherton, Kathleen Norris, Gene Stratton-Porter, Fanny Heaslip Lea, I. A. R. Wylie, Coningsby Dawson, Rafael Sabatini, Irvin Cobb, and others.



*One of the three kitchen-laboratories of the Department of Cookery of Good Housekeeping Institute, where recipes are tested, tasted, and approved before they appear in the pages of Good Housekeeping.*

*The light and spacious testing laboratory of the Department of Household Engineering, where all household devices must be tested and approved before they may be advertised in Good Housekeeping.*

# GOOD HOUSEKEEPING'S BOOK *of* MENUS, RECIPES, *and* HOUSEHOLD DISCOVERIES

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# Our Service To You

This recipe book is offered to housewives with the hope that it will suggest new dishes by which the daily menu may be varied. Each recipe has been tested and tasted by the Department of Cookery of GOOD HOUSEKEEPING INSTITUTE, a research laboratory at 105 West 39th Street, New York City, conducted by GOOD HOUSEKEEPING Magazine. It is in this kitchen laboratory that a staff of trained and experienced workers are constantly revising, standardizing and testing recipes, methods and articles. Every one of these recipes represents actual testing in the exact quantities in which it is printed. It is with all confidence, then, that we offer you the contents of this book, because we know that both the recipes and menus are practical, workable, and correct. They should prove of valuable assistance in planning daily meals, and in accomplishing good cookery at the cost of less money, less time, and less labor.

Department of Cookery,
GOOD HOUSEKEEPING INSTITUTE

# How To Use The Recipes

In every case, use accurate and level measurements. Always sift flour once before measuring, then at least once again with the other dry ingredients. In cake, cooky, and muffin recipes calling for butter, any good margarin may be used. Unsalted vegetable fats are also very satisfactory as butter substitutes because of their neutral flavor. If these are used, however, be sure to increase the amount of salt which the recipe calls for. In most cases, the salt may be doubled. Sugar designated means granulated unless otherwise stated.

When baking bread, biscuits, muffins, corn cake, etc., the pans should be well greased. For all butter cakes both grease and flour pans. Angel and true sponge cakes should be baked in ungreased pans. The time given for baking can only be approximate as the depth of the pan used will make a slight difference.

Each recipe is planned to serve six unless otherwise stated. This, too, can only be approximate as the accompanying dishes will have some bearing on the size of the servings in many cases.

# Measuring and Mixing

Half of the secret of good cooking lies in accurate measurement. GOOD HOUSEKEEPING INSTITUTE recommends a standard measuring-set. First in its list of measuring-utensils are two standard measuring-cups holding one-half pint each and divided into quarters and thirds. These may be made of either aluminum or glassware. The tin cup is too short-lived. A set of accurate measuring-spoons is essential. These are made of aluminum and can be found in capacities graduated from one tablespoonful down to one-fourth teaspoonful. They assure uniform good results in baking-powder mixtures, cakes, and so forth, as well as careful seasoning.

A small spatula for the leveling of all solid measurements is indispensable. An aluminum quart measure and a small compact spring scale may also be added to the measuring equipment. Use the scale more for checking the weights as purchased than for cooking by weight. A spring scale, while illegal in certain states because it can be easily tampered with, is nevertheless practical and accurate for household usage.

In all measuring see that the ingredients are level. A cupful is measured level; a tablespoonful is measured level; a teaspoonful is measured level. In measuring dry ingredients by cupfuls fill the cup by tablespoonfuls, allow it to heap slightly, then level with a quick stroke of the spatula. When fractions of a cupful are to be measured, measure by tablespoonfuls in preference to the use of the cup up to one-half cup capacity, remembering that sixteen tablespoonfuls are equal to one cupful. And do not shake the cup while filling.

### To Measure Dry Ingredients

In measuring dry ingredients by spoonfuls fill the spoon by dipping into the ingredient until more than level; level

with the spatula, cutting with the edge of the knife toward the tip of the spoon. For the half-teaspoonful, measure in exactly the same way, using the measuring spoon of one-half teaspoonful capacity. For the half-tablespoonful use the spoons of one teaspoonful and one half-teaspoonful capacity. For one-eighth of a teaspoonful measure one-fourth teaspoonful as usual, then cut sharply in two with the spatula. Less than one-eighth of a teaspoonful is called a "speck" or "a few grains" and is the amount which can be taken up on the very tip end of a vegetable knife. This is a term quite frequently used for seasoning.

In measuring a solid fat, pack solidly into cup or spoon and cut level with the spatula. When one-quarter cupful or less of a fat is desired always measure in tablespoonfuls, allowing four tablespoonfuls to each quarter cupful. Here is a simple way of measuring fats when less than one cupful is desired. If, for instance, one-half cupful of fat is desired, fill the measuring cup with one-half cupful of water and then add the fat in small pieces until the water reaches the cupful mark; then pour off the water and one-half cupful of fat will remain.

## To Measure Liquids

In measuring liquids by cupfuls pour the liquid to be measured into the cup, filling it to the very top of the standard cup. For fractions of cupfuls fill in like manner to the indicated division. In the same way measure liquids by spoonfuls, by taking up all the spoon will hold.

## Just How to Mix

Fully as important as measuring is the correct motion for combining ingredients. These involve three processes, stirring, beating, and "cutting" or folding in. The stirring motion is required to blend ingredients together. It is the one that is most often employed for thoroughly mixing the ingredients of a dish.

Beating is the motion necessary when air must be introduced into a mixture in order to leaven it. In beating, the ingredients must be turned over and over, continually bringing the under part upward to the surface and consequently bringing with it, with each stroke, a certain amount of air.

The cutting and folding motion is necessary when a mixture already containing entrapped air introduced by beating must have added to it an ingredient, also well beaten, and the mixing accomplished without loss of air from either mixture. The best illustration of this is a sponge cake where, into the light yolk-sugar-and-flour mixture, must be cut and folded the beaten egg-whites.

Briefly, by stirring, a dish is properly mixed; by beating, air is entrapped in the mixture; by cutting and folding, this air which has been already entrapped is prevented from escaping.

The following lists of equivalents are intended merely as an assistance in purchasing supplies, because GOOD HOUSEKEEPING INSTITUTE does not believe in cookery by weight.

## EQUIVALENTS OF CAPACITY

(All measures level full)

| | | |
|---|---|---|
| 3 teaspoonfuls | = | 1 tablespoonful |
| ½ fluid ounce | = | |
| 16 tablespoonfuls | = | 1 cupful |
| 2 gills | = | |
| ½ liquid pint | = | |
| 8 fluid ounces | = | |
| 1 liquid pint | = | 2 cupfuls |
| 16 fluid ounces | = | |

### LIQUID MEASURE

| | |
|---|---|
| 4 fluid ounces | = 1 gill |
| 4 gills | = 1 pint |
| 2 pints | = 1 quart |
| 4 quarts | = 1 gallon |
| 31½ gallons | = 1 barrel |
| 2 barrels | = 1 hogshead |

### DRY MEASURE

(For fruits, vegetables, and other dry commodities)

| | |
|---|---|
| 2 pints | = 1 quart |
| 8 quarts | = 1 peck |
| 4 pecks | = 1 bushel |
| 105 quarts | = 1 barrel |

The pint and quart dry measures are about 16% larger than the pint and quart liquid measures.

## APPROXIMATE WEIGHTS OF SOME COMMON DRY COMMODITIES

| | Pounds per bushel |
|---|---|
| Apples | 44 to 50 |
| Beans | 60 |
| Beets | 50 to 60 |
| Carrots | 50 |
| Cranberries | 32 to 40 |
| Cucumbers | 48 to 50 |
| Onions | 50 to 57 |
| Parsnips | 42 to 50 |
| Peaches | 48 to 50 |
| Peanuts | 20 to 25 |
| Pears | 45 to 58 |
| Peas (dried) | 60 |
| Potatoes (white) | 60 |
| Potatoes (sweet) | 50 to 56 |
| Tomatoes | 50 to 60 |
| Turnips | 50 to 60 |

Ice:
1 cubic foot...=57.2 pounds
30 cubic inches = 1 pound

Sugar, granulated:
1 cupful.....= ½ pound

Butter:
1 cupful.....= ½ pound

Lard:
1 cupful.....= ½ pound

Flour:
1 cupful.....= ¼ pound

Rice:
1 cupful.....= ½ pound

Cornmeal:
1 cupful.....= 5 ounces

Raisins (stemmed):
1 cupful.....= 6 ounces

Currants (cleaned):
1 cupful.....= 6 ounces

Bread crumbs (stale):
1 cupful.....= 2 ounces

Chopped meat (packed):
1 cupful.....= ½ pound

These weights are approximate only and should not be used in trade for determining whether correct measure is given or received.

Information concerning the weights per bushel of dry commodities which are legal in your State may be obtained by consulting your State laws, your sealer of weights and measures, or Circular No. 10 of the Bureau of Standards.

# Menus

## JANUARY

### SUNDAY

BREAKFAST

Cinnamon Prunes
Farina Cream
Plain Omelet
Toast Coffee

DINNER

Clear Tomato Soup
Mock Venison
Mashed Potatoes Gravy
Creamed Celery and Green Peppers
Dressed Lettuce
Banana Pie
Coffee

SUPPER

Woodcock Toast
Lettuce Sandwiches
Fruit Cookies
Cocoa or Tea

### MONDAY

BREAKFAST

Sliced Oranges
Baked Sausages
Baked Potatoes
Water Puffs Coffee

LUNCHEON

Corn and Tomato Chowder
Crisp Crackers
Prune Gems
Milk or Cocoa

DINNER

Cream of Celery Soup
Sliced Lamb with Onion Sauce
Tossed Potatoes
Buttered Peas with Carrots
Romaine Salad
Economy Cobbler
Coffee

TUESDAY

BREAKFAST

Baked Apples
Oatmeal Cream
Crisp Bacon
Bran and Rye Gems
Coffee

LUNCHEON

Lamb Stew with
Potatoes, Onions, Carrots
(using left-over lamb and bones)
Emergency Corn Biscuits
Boiled Oregon Prune Cake
Tea

DINNER

Broiled Sirloin Steak
French Fried Potatoes
Mashed Turnips
Creamed Green Peppers
Apricot Jelly
Cake Whipped Cream
Coffee

WEDNESDAY

BREAKFAST

Grapefruit
Codfish Cakes
Bacon Muffins Coffee

LUNCHEON

Swedish Soufflé
Lettuce Rolls
Graham Bread and Butter
Tea

DINNER

Baked Sliced Ham
Rice and Celery Croquettes
White Cabbage with Caraway Seeds
Lettuce Salad Russian Dressing
Baked Apples Glacé
Coffee

THURSDAY

BREAKFAST

Cereal with Dates
Poached Eggs
Toast Coffee

LUNCHEON

Clam Fritters
Tomato Catchup
Bran Bread Butter
Pear and Pimiento Salad
Tea

DINNER

Cream of Tomato Soup
Baked Beans with Corn
Cold Sliced Tongue
Green Tomato Pickle
Quick Rice Pudding
Coffee

FRIDAY

BREAKFAST

Stewed Dried Peaches
Ready-to-eat Cereal Thin Cream
Scrambled Eggs
Rice Corn Bread Coffee

LUNCHEON

Macaroni with Cheese
Hot Baking-powder Biscuits
Jellied Tomato Salad
Oatmeal Cookies
Tea

DINNER

Baked Fillets of Halibut
Mashed Potatoes Buttered Beets
Creamed Cauliflower
Steamed Coffee Pudding
Coffee

SATURDAY

BREAKFAST

Orange Juice
Brown Rice Cream
French Toast Maple Sirup
Coffee

LUNCHEON

Pea Roast Carrot Sauce
Uxbridge Buns Butter
Baked Custard

DINNER

Arabian Stew
Boiled Sweet Potatoes
Brussels Sprouts
Lettuce with Tasty Salad Dressing
Porcupine Pears
Cup Cakes Coffee

## FEBRUARY

SUNDAY

BREAKFAST

Halved Oranges
Calf's Liver and Bacon
Sunday Hot Bread
Coffee

DINNER

Consommé Julienne
Crown Roast of Pork
Button Onions
Pickled Crabapples
Roasted Potatoes Squash
Lemon Snow
Sponge Cake Custard Sauce
Coffee

SUPPER

Maryland Oyster Stew
Pickles Crackers
Gingerbread Tea

MONDAY

BREAKFAST

Sliced Bananas
Cereal Top Milk
Eggs Cooked in Shell
Prune Gems Coffee

LUNCHEON

Tomato and Barley Soup
Cold Sliced Pork
Graham Bread Butter
Apple Variants
Tea

DINNER

Broiled Hamburg Steak
Maître d'Hôtel Butter
French Fried Potatoes Brussels Sprouts
Endive Grapefruit Salad
Salted Wafers Nuts
Coffee

TUESDAY

BREAKFAST

Stewed Prunes
Fried Cornmeal Mush
Crisp Bacon
Coffee

LUNCHEON

Scrambled Smoked Salmon
Lettuce Sandwiches
Gingerbread Custard
Cocoa

DINNER

Russian Rosettes
Genuine Virginia Baked Ham
Scalloped Rice and Tomatoes
Cold Slaw
Spiced Bread Crumb Pudding
Coffee

WEDNESDAY

BREAKFAST

Apple Sauce
Oatmeal Cream
Baked Eggs in Ramekins
Toast Coffee

LUNCHEON

Rinktum Tiddy
Buttered Toast Rounds
Banana Pudding
Milk

DINNER

Clam Broth
Celery Crackers
Scalloped Ham and Potatoes
Spinach à la Crême
Buttered Beets
Fruit Salad
Wafers Cream Cheese
Coffee

THURSDAY

BREAKFAST

Grapefruit
Sausages Baked Potatoes
Corn Bread Coffee

LUNCHEON

Cold Sliced Ham
Potato Salad Rolls
Prune Delight
Cocoa

DINNER

Alphabet Soup
Baked Liver with Vegetables
Lettuce Salad
Apple Pandowdy Mold
Coffee Whipped Cream

FRIDAY

BREAKFAST

Stewed Apricots
Cornmeal Mush Top Milk
Broiled Salt Mackerel
Toast Coffee

LUNCHEON

Poached Eggs on Toast
Rye Muffins Shrimp Hollandaise
Chocolate Cake
Tea

DINNER

Clear Tomato Soup
One-Plate Fish Dinner
Apple, Cabbage and Nut Salad
Mayonnaise
Caramel Mold
Coffee

SATURDAY

BREAKFAST

Baked Apples
Cracked Wheat Cream
French Toast
Coffee

LUNCHEON

Creamed Shrimps and Green Peppers
Buttered Toast
Shredded Dates Cookies
Tea

DINNER

Italian Canapés
Broiled Lamb Chops
Duchess Potatoes Fried Eggplant
Cucumber Salad
Cottage Pudding Lemon Sauce
Coffee

## MARCH

SUNDAY

BREAKFAST

Grapefruit
Boston Baked Beans
Brown Bread Toast
Coffee

DINNER

Salsify Soup
Browned Chicken Fricassee
Riced Potatoes Buttered Carrots
Endive Salad
Cream Cheese Crackers
Apricot Velvet
Little Pound Cakes Coffee

SUPPER

Cheese Spread
Toast Crackers
Floating Peaches
Cake Milk

MONDAY

BREAKFAST

Farina with Dates
Minced Chicken on Toast
Spoon Bread
Coffee

LUNCHEON

Brown Rice with Cheese
Tomato Salad Salted Crack
Cocoa

DINNER

Clear Soup
Roast Rolled Forequarter of Lamb
Roasted Potatoes Gravy
Peas with Mint
Spring Salad French Dressing
Bananas with Raisin Sauce
Coffee

TUESDAY

BREAKFAST

Oranges
Poached Eggs Frizzled Ham
Pancakes Coffee

LUNCHEON

Italian Spinach
Aunt Malindy's Buttermilk Biscuit
Cinnamon Prunes
Tea

DINNER

Cream of Spinach Soup
Lamb Croquettes
Scalloped Tomatoes
Mashed Potatoes
Plain Lettuce Salad
Russian Boiled Dressing
Marshmallow Custard
Coffee

WEDNESDAY

BREAKFAST

Rhubarb de Luxe
Oatmeal Waffles Maple Sirup
Coffee

LUNCHEON

Corn Chowder Crackers
Waldorf Salad
Rolls Mayonnaise
Tea

DINNER

Piquant Fruit Cocktail
Crab Meat and Tuna au Gratin
Potato Chips
Parsnips Sautéd in Butter
Cucumbers with French Dressing
Caramel Bavarian Cream
Coffee

## THURSDAY

BREAKFAST

Baked Prunes
Ready-to-eat Cereal Cream
Different Dried Beef
Pop-overs Coffee

LUNCHEON

Bouillon
Cheese Pudding
Oatmeal Bread and Butter
Grapefruit with Maple Sirup

DINNER

New England Boiled Dinner
Romaine Salad French Dressing
Jellied Peaches and Almonds
Coffee Whipped Cream

## FRIDAY

BREAKFAST

Sliced Bananas
Wheat Cereal Cream
Scrambled Eggs Bacon Curls
Polish Muffins Coffee

LUNCHEON

Hot Salmon Sandwiches
Olives Radishes
Concordia Pineapple Salad
Tea Mayonnaise

DINNER

Sardine Canapés
Curried Filleted Flounder
Plain Macaroni Ten Minute Cabbage
Orange Blanc Mange
Coffee

SATURDAY

BREAKFAST

Tangerines
Eggs Cooked in Shell
Broiled Bacon
Plain Muffins Coffee

LUNCHEON

Oyster Shortcake
Pickles Uxbridge Buns
Canned Peaches Cocoa

DINNER

Consommé
Baked Corned Beef Hash
Mustard Pickle
Vegetable Salad Boiled Dressing
Rhubarb Tapioca with Meringue
Coffee

## APRIL

SUNDAY

BREAKFAST

Grapefruit
Rice Omelet Plain Muffins
Coffee

DINNER

Consommé
Roast Beef Baked Potatoes
Buttered Onions Baked Salsify
Lemon Pie
Cheese Coffee Wafers

SUPPER

Welsh Rarebit on Toast
Salted Crackers
Cocoa Cake

MONDAY

BREAKFAST

Bananas
Ready-to-eat Cereal Cream
Scrambled Eggs
Graham Gems Coffee

LUNCHEON

Macaroni with Tomatoes
Floating Peaches
Sponge Cake
Cocoa

DINNER

Sardines à la Tartare
Pork Chops Mashed Potatoes
Radish and Cucumber Salad
Rhubarb Tapioca
Coffee

TUESDAY

BREAKFAST

Farina with Cream
Fried Eggs Bacon
Hot Apple Sauce
Bran Muffins Coffee

LUNCHEON

Peanut Loaf Tomato Sauce
Boston Buckwheat Bread
Fruit Salad Mayonnaise
Tea

DINNER

Cream of Celery Soup
Beef Soufflé
Sweet Potatoes Glacéd
Spinach à la Bechamel
Dressed Lettuce
Lemon Snow Custard Sauce
Sweet Wafers Coffee

## WEDNESDAY

BREAKFAST

Oranges
Cereal with Cream
Creamed Dried Beef
Pop-overs Coffee

LUNCHEON

Scalloped Corn
Bread and Butter Sandwiches
Apple Dumplings Cream
Cocoa

DINNER

Cream of Spinach Soup
Roast Chicken Brown Gravy
Rice Thimbles Fried Parsnips
Savory Beets
Chocolate Charlotte
Coffee

## THURSDAY

BREAKFAST

Ready-to-eat Cereal Cream
Bacon with Fried Apples
Corn Muffins
Coffee

LUNCHEON

Chicken Croquettes Hot Rolls
Cabbage Salad San Francisco
Prune Whip Cocoa

DINNER

Pineapple Cocktail
Lamb Chops French Fried Potatoes
Creamed Cauliflower
Steamed Chocolate Pudding
Hard Sauce Coffee

## FRIDAY

BREAKFAST

Stewed Peaches
Egg Vermicelli Toast
Coffee

LUNCHEON

Oyster Stew
Olives Crackers
Orange Blanc Mange Wafers

DINNER

Cream of Chicken Soup
Baked Stuffed Fish
Hollandaise Sauce
Sweet Potatoes Buttered Peas
Banana Whip Wafers

## SATURDAY

BREAKFAST

Stewed Rhubarb
Ready-to-eat Cereal
Mashed Potato Omelet
Rolls Coffee

LUNCHEON

Creamed Peas and Tuna Toast
Tomato Jelly Salad
Cottage Pudding Chocolate Sauce

DINNER

Cream of Tomato Soup
Broiled Hamburg Steak
Baked Squash Mashed Potatoes
Dandelion Greens
Prune Delight Coffee

## MAY

### SUNDAY

BREAKFAST

Farina Cream
Plain Omelet Raspberry Jam
Toast Coffee

DINNER

Fruit Cup
Cold Boiled Tongue
Mashed Potatoes
Buttered Asparagus Creamed Carrots
Vanilla Ice Cream Caramel Sauce
Wafers Coffee

SUPPER

Raisin Bread Sandwiches
Jellied Peaches and Almonds
Sponge Cake Milk

### MONDAY

BREAKFAST

Sliced Oranges and Coconut
Baked Eggs
Rye Muffins Coffee

LUNCHEON

Corn and Tomato Chowder
Hot Rolls
Apricot and Hominy Pudding
Wafers

DINNER

Veal Cutlets Riced Potatoes
Baked Squash
Olives Radishes
Caramel Bavarian Cream
Plain Cake

### TUESDAY

BREAKFAST

Cereal with Dates
Poached Eggs
Toast Coffee

LUNCHEON

Vegetable Salad Mayonnaise
Rolls Stewed Peaches
Tea

DINNER

Rice and Asparagus Soup
Savory Sliced Ham Potato Salad
Strawberry Pineapple Shortcake
Coffee

## WEDNESDAY

BREAKFAST

Bananas
Ready-to-eat Cereal Top Milk
Creamed Codfish
Muffins Coffee

LUNCHEON

Mexican Eggs Crackers
Olives
Strawberries Cookies
Tea

DINNER

Clear Soup
Roast Leg of Lamb
Baked Potatoes Fried Eggplant
Asparagus Salad
Apricot Velvet Wafers
Coffee

## THURSDAY

BREAKFAST

Grapefruit
Ham Omelet Pop-overs
Coffee

LUNCHEON

Lamb Soufflé
Olives Rolls
Orange and Banana Salad
Honey Salad Dressing
Tea

DINNER

Sardine Canapé
Broiled Steak Peas
Creamed Potatoes
Cucumber and Lettuce Salad
Arabian Ambrosia
Cornflake Cookies Coffee

FRIDAY

BREAKFAST

Stewed Apricots
Waffles Sirup
Coffee

LUNCHEON

Shrimp Wiggle Toasted Crackers
Stewed Fruit Cocoa

DINNER

Fruit Cocktail
Baked Stuffed Shad
Baked Potatoes String Beans
Tomato Salad Mayonnaise
Coffee Soufflé
Coffee

SATURDAY

BREAKFAST

Stewed Prunes
Hot Cereal Cream
Scrambled Eggs
Bran and Rye Gems Coffee

LUNCHEON

Baked Apples Stuffed with Sausage
Potato Salad
Chocolate Blanc Mange Cream

DINNER

Asparagus Soup
Hamburg Roll Sweet Potatoes
Buttered Spinach Fried Parsnips
Rhubarb de Luxe
Small Cakes Coffee

## JUNE

### SUNDAY

BREAKFAST

Raspberries
Fish Cakes Catchup
Corn Bread Coffee

DINNER

Jellied Chicken Baked Potatoes
Buttered Green Peas
Radishes Olives
Banana Sherbet
Cookies Coffee

SUPPER

Cheese and Pimiento Sandwiches
Sponge Cake with
Raspberry Meringue
Iced Chocolate

### MONDAY

BREAKFAST

Strawberries
Ready-to-eat Cereal Cream
Baked Eggs
Bacon Muffins Coffee

LUNCHEON

Grilled Sardines
Asparagus on Toast Butter Sauce
Sliced Bananas Cakes
Iced Tea

DINNER

Baked Ham Mashed Potatoes
Sautéd Tomatoes Spinach
Spanish Cream Wafers

TUESDAY

BREAKFAST

Fruit
Soft Cooked Eggs
Rolls Coffee

LUNCHEON

Chicken Salad Mayonnaise
Raisin and Nut Bread Sandwiches
Strawberries Cream
Iced Tea

DINNER

Filipino Roast
Potatoes Maître d'Hôtel
Asparagus with Mushroom Sauce
Baked Beets Dressed Lettuce
Marshmallow Custard

WEDNESDAY

BREAKFAST

Cherries
Cereal and Cream
Asparagus Omelet
Rye Gems Coffee

LUNCHEON

Pea Roast with Carrot Sauce
Dressed Cucumbers
Lemon Snow Wafers

DINNER

Fruit Cocktail
Deviled Tongue Mold
Potatoes with Savory Sauce
Buttered Carrots Lettuce Salad
Apricot Jelly Iced Tea

THURSDAY

BREAKFAST

Sliced Oranges and Bananas
Scrambled Eggs with Bacon
Pop-overs Coffee

LUNCHEON

Scalloped Eggs
Lettuce and Cucumber Sandwiches
Maple Walnut Cream Pudding
Iced Chocolate

DINNER

Cold Baked Ham Harlequin Sauce
Mashed Potatoes
Buttered Chard Baked Onions
Chocolate Nut Pie
Coffee

FRIDAY

BREAKFAST

Grapefruit
Rye Cakes with Honey Butter
Coffee

LUNCHEON

Italian Eggs Salted Wafers
Pear, Date and Nut Salad
Gingerade

DINNER

Baked Fillets of Halibut
Mashed Potatoes
Creamed Celery and Green Peppers
Cucumber and Pimiento Salad
Snow Pudding Custard Sauce
Cookies Iced Chocolate

SATURDAY

BREAKFAST

Shredded Pineapple
Ready-to-eat Cereal
Ham Hash
Corn Muffins Coffee

LUNCHEON

Macaroni au Gratin
Banana and Nut Salad
Iced Tea

DINNER

Lamb Chops Riced Potatoes
Peas with Mint
Tomato Cakes
Hearts of Lettuce Salad
Strawberries Whipped Cream
Iced Coffee

## JULY

SUNDAY

BREAKFAST

Blueberries
Cereal Cream
Sautéd Tomatoes with Bacon
Coffee

DINNER

Asparagus Soup
Olives Croûtons
Spring Succotash en Casserole
Buttered Beets Mashed Potatoes
Pineapple Tapioca Cream
Coffee

SUPPER

Cold Tongue Olives
Bread and Butter Sandwiches
Fruit Gelatin Cream
Brownies

## MONDAY

### BREAKFAST

Muskmelon
Malted Cereal Cream
French Toast Sirup
Coffee

### LUNCHEON

Rinktum Tiddy
Hot Buttered Toast
Orange Pecan Salad
Iced Tea

### DINNER

Baconized Meat Balls
Pickled Spiced Onions
Buttered Beets Potato Croquettes
Salad Piquant
Green Apple Pie
Cheese Coffee

## TUESDAY

### BREAKFAST

Blackberries
Cereal Cream
Poached Eggs
Toast Coffee

### LUNCHEON

Rice Croquettes
Celery Cheese Salad
Delicious Rolls
Golden Sunshine Cake
Lemonade

### DINNER

Salmon Soufflé Rice Timbales
Vegetable Salad
Pineapple Gelatin Pie
Coffee

WEDNESDAY

BREAKFAST

Prunes
Farina Cream
Scrambled Eggs on Toast
Corn Muffins Coffee

LUNCHEON

Cheese Fondu
Olives Rolls
Blueberries Cream
Tea

DINNER

Roast Beef
Fried Onions with Apples
Candied Yams
Beet and Pepper Salad
Maple Walnut Ice Cream
Cookies Coffee

THURSDAY

BREAKFAST

Sliced Peaches
Buckwheat Cakes Sirup
Bacon Coffee

LUNCHEON

Creamed Crab Meat Rolls
Pickles Macedoine of Fruit

DINNER

Clear Soup
Cold Roast Beef Chutney
Mashed Potatoes
Green String Beans
Tomato Salad
Watermelon
Coffee

FRIDAY

BREAKFAST

Oranges
Ready-to-eat Cereal Cream
Omelet Muffins
Coffee

LUNCHEON

Eggs Baked in Potatoes
Hot Rolls Butter
Watermelon

DINNER

Swordfish Steak
Creamed Cauliflower Broiled Potatoes
Dressed Lettuce
Apricot Velvet Wafers
Coffee

SATURDAY

BREAKFAST

Raspberries
Cereal Cream
Fish Balls Catchup
Rolls Coffee

LUNCHEON

Cold Boiled Ham
Potato Croquettes
Blueberry Shortcake
Plain Cream

DINNER

Cottage Pie with Potato Crust
Baked Stuffed Onions
Sliced Tomatoes and Cucumbers
Maple Charlotte Coffee

## AUGUST

### SUNDAY

BREAKFAST

Cereal Cream
Fried Butterfish
Rolls Coffee

DINNER

Broiled Steak Mashed Potatoes
Fried Summer Squash
Small Beets with Tops
Cantaloupe Coffee

SUPPER

Crab Meat and Tuna au Gratin
Hot Rolls
Sliced Peaches Cream
Iced Tea

### MONDAY

BREAKFAST

Boiled Rice with Fruit
Chipped Beef Cream Gravy
Muffins Coffee

LUNCHEON

Nut Loaf with Tomato Sauce
Graham Bread Sandwiches
Orangeade

DINNER

Green Pea Soup
Cauliflower with Mushrooms
Rings of Spaghetti with
Garnish of Julienne Carrots
Coffee Ice Cream
Sponge Cake Coffee

TUESDAY

BREAKFAST

White Grapes
Cereal Cream
Clam Fritters
Coffee

LUNCHEON

Nut and Raisin Bread Sandwiches
Peach Shortcake Whipped Cream
Cocoa

DINNER

Baked Bluefish Dressing
Sliced Tomatoes Mashed Potatoes
Cream Cheese and Nut Salad
Three-Ice Wafers
Coffee

WEDNESDAY

BREAKFAST

Sliced Pears
Ready-to-eat Cereal
Bacon and Potato Omelet
Coffee

LUNCHEON

Potato Soup Crisp Crackers
Blueberries Milk
Almond Loaf Iced Tea

DINNER

Pot Roast of Beef
Savory Potatoes
Green Corn on Cob
Braised Carrots
Watermelon

THURSDAY

BREAKFAST

Blackberries
Fish Croquettes
Parker House Rolls
Coffee

LUNCHEON

Baked Beans Relish
Graham Gems
Cake Apricots
Iced Tea

DINNER

Consommé
Beef Soufflé Rice Thimbles
Carrots and Peas
Dressed Sliced Cucumbers
Marshmallow Custard
Sweet Wafers

FRIDAY

BREAKFAST

Breakfast Apples
Baked Beans Reheated
Oatmeal Bread
Coffee

LUNCHEON

Macaroni with Tomato
Bananas and Cream
Sponge Cake

DINNER

Clam Chowder
Broiled Live Lobster
Candied Yams
Artichokes with Hollandaise
Celery Cheese Salad Olives
Fruit Gelatin
Coffee

SATURDAY

BREAKFAST

Peaches
Cereal Cream
Eggs Cooked in Shell
Toast Coffee

LUNCHEON

Escalloped Corn Rolls
Dressed Lettuce
Caramel Custard

DINNER

Lamb Chops Creamed Potatoes
Stewed Tomatoes
Summer Squash
Cabbage Salad San Francisco
Raspberry Whip
Coffee

## SEPTEMBER

SUNDAY

BREAKFAST

Peaches with Cream
Broiled Butterfish
Hot Biscuits Coffee

DINNER

Summer Canapé
Maryland Chicken Parsley Gravy
Green Corn Mashed Potatoes
Lettuce with French Dressing
Walnut Maple Cream Pudding
Coffee

SUPPER

Egg and Tomato Salad
Graham Bread and Butter Sandwiches
Iced Tea

MONDAY

BREAKFAST

Baked Apples
Shirred Eggs
Corn Cake Coffee

LUNCHEON

Cream of Potato Soup
Graham Toast
Peach Shortcake
Tea

DINNER

Broiled Soft Shell Crabs
Tartar Sauce
French Fried Potatoes
Sliced Tomatoes
Pineapple Gelatin Pie
Coffee

TUESDAY

BREAKFAST

Bananas
Ready-to-eat Cereal Top Milk
Chipped Beef on Toast
Coffee

LUNCHEON

American Beauty Salad Mayonnaise
Raisin Bran Bread Sandwiches
Grapes
Wafers Iced Chocolate

DINNER

Stuffed Steak Mashed Potatoes
Spanish String Beans
Turnips Hollandaise
Fresh Peach Pie
Coffee

WEDNESDAY

BREAKFAST

Concord Grapes
Broiled Bacon
Buckwheat Cakes Table Sirup
Coffee

LUNCHEON

Minced Beef Omelet
Delicious Rolls
Chocolate Blanc Mange
Milk

DINNER

Tongue in Tomato Sauce
Boiled Rice Corn on the Cob
Cucumber Salad French Dressing
Casaba Melon
Coffee

THURSDAY

BREAKFAST

Oranges
Eggs Cooked in Shell
Toast Coffee

LUNCHEON

Deviled Shrimps Sliced Tomatoes
Bran Bread
Prune Sauce
Tea

DINNER

Cream of Pea Soup
Cold Sliced Tongue Succotash
Rice Croquettes
Pineapple and Cream Cheese Salad
Mayonnaise
Crackers Coffee

FRIDAY

BREAKFAST

Bartlett Pears
Farina Cream
Fried Bread
Orange Marmalade
Coffee

LUNCHEON

Tomato Chowder
Crackers Rolls
Chocolate Bread Pudding
Iced Tea

DINNER

Fruit Cup
"One-Piece" Codfish Meal
Buttered Beets
Plain Lettuce Salad
French Dressing
Caramel Ice Cream
Wafers Coffee

SATURDAY

BREAKFAST

Grapefruit
Poached Eggs on Toast
Toast Coffee

LUNCHEON

Baked Spaghetti and Cheese
Graham Bread
Stuffed Baked Apples
Cookies Tea

DINNER

Stewed Lamb with Vegetables
Endive Salad French Dressing
Prune Pudding Whipped Cream
Coffee

## OCTOBER

### SUNDAY

BREAKFAST

Grapes
Cereal Cream
Clam Omelet
Parker House Rolls
Coffee

DINNER

Bouillon
Shoulder of Mutton Roasted
Potatoes Roasted in Pan
Tomato Cakes
Brussels Sprouts
Apple Pie Cheese
Coffee

SUPPER

Cold Boiled Ham
Scalloped Potatoes
Banana Whip
Wafers

### MONDAY

BREAKFAST

Quince and Apple Sauce
Corn Pancakes
Coffee

LUNCHEON

Creole Gumbo with Boiled Rice
Porcupine Pears
Maple Layer Cake Cocoa

DINNER

Cream of Chicken Soup
Scalloped Oysters
Mashed Potatoes
Succotash Dressed Lettuce
Chocolate Bread Pudding
Coffee Hard Sauce

TUESDAY

BREAKFAST

Oranges
Ready-to-eat Cereal Cream
French Toast Sirup
Coffee

LUNCHEON

Minced Mutton on Toast
Mashed Sweet Potatoes
Prune Delight
Tea

DINNER

Clear Soup
Roast Pork Baked Potatoes
Apple Sauce Baked Squash
Chocolate Tapioca Cream
Wafers Coffee

WEDNESDAY

BREAKFAST

Bananas
Farina Cream
Scrambled Eggs with Oysters
Muffins Coffee

LUNCHEON

Succotash Reheated
Rolls
Pumpkin Pie Cheese
Tea

DINNER

Boiled Corned Beef
Potatoes Turnips
Cabbage Lettuce Salad
Steamed Coffee Pudding
Coffee

THURSDAY

BREAKFAST

Fruit
Cereal Cream
Browned Corned Beef Hash
Gems Coffee

LUNCHEON

Mock Chop Suey
Potato Salad
Spiced Apple Sauce
Cakes

DINNER

Cream of Celery Soup
Cold Roast Pork
Dolphian Potatoes
Toasted Parsnip Slices Beets
Cottage Pudding Caramel Sauce
Coffee

FRIDAY

BREAKFAST

Cantaloupe
Graham Muffins
Marmalade
Coffee

LUNCHEON

Cream of Tomato Soup
Cheese Crackers Rice Pudding
Chocolate

DINNER

Fried Fillets of Flounder
Riced Potatoes Turnips
Creamed Peppers Celery
Sliced Oranges and Bananas
Coffee

SATURDAY

BREAKFAST

Oranges
Tripe in Batter
Gems Coffee

LUNCHEON

Cold Sliced Mutton
Potatoes Stuffed with Cheese
Stewed Apricots Wafers
Cocoa

DINNER

Corn Fritters with Bacon
Mashed Potatoes
Cauliflower Creamed
Beet and Green Pepper Salad
Casaba Melon
Coffee

## NOVEMBER

SUNDAY

BREAKFAST

Baked Apples
Oatmeal Cream
Bacon Toast
Doughnuts Coffee

DINNER

Okra Soup
Tenderloins of Pork
with Sweet Potatoes
Creamed Cauliflower
Lettuce Salad French Dressing
Tapioca Cream
Coffee

SUPPER

Creamed Shrimps and Green Pepper
Crisped Crackers
Chocolate Cake Tea

## MONDAY

### BREAKFAST

Grapes
Cornmeal Mush Top Milk
Baked Eggs
Graham Muffins Coffee

### LUNCHEON

Italian Spaghetti
Toasted Muffins
Cake Cocoa

### DINNER

Veal Cutlets Brown Sauce
Riced Potatoes Corn Fritters
Apple Slump
Coffee

## TUESDAY

### BREAKFAST

Farina with Figs
Sausages in Rolls
Coffee

### LUNCHEON

Chipped Beef in Brown Gravy
Hot Rolls
Canned Peaches
Sponge Cake Cocoa

### DINNER

Cream of Spinach Soup
Fried Scallops
Macaroni with Tomato
Buttered Beets
Pineapple and Peach Salad
Mayonnaise
Cream Cheese Wafers
Coffee

Wednesday

BREAKFAST

Pears
Cracked Wheat Cream
Cornmeal Pancakes Sirup
Coffee

LUNCHEON

Fish Balls
Bacon Curls
Raspberry Bran Gems
Tea

DINNER

Beef Kidney, Creole Style
Tossed Potatoes Baked Squash
Romaine Salad French Dressing
Banana Whip
Coffee

Thanksgiving Day

BREAKFAST

Grapefruit
Poached Eggs Oatmeal Muffins
Coffee

DINNER

Oyster Cocktail
Celery Olives
Roast Capon
Giblet Stuffing Brown Gravy
Jellied Cranberry Sauce
Glacéd Sweet Potatoes
Button Onions Peas au Jus
Lettuce Salad French Dressing
Cheese Nut Balls Bar-le-duc
Cracker Pudding Whipped Cream
Nuts Coffee Bon-bons

SUPPER

Creamed Oysters and Pimiento
Toasted Crackers
Stuffed Beet Salad
Hermits Filled Cookies
Apples Cider
Tea

## FRIDAY

### BREAKFAST

Oranges
Broiled Salt Mackerel
Bran Muffins Coffee

### LUNCHEON

Pimiento Cheese Soup
Toast Strips
Waffles Sirup
Cocoa

### DINNER

Boiled Salmon Egg Sauce
Mashed Potatoes Brussels Sprouts
Dressed Lettuce
Squash Pie
Coffee

## SATURDAY

### BREAKFAST

Apple Sauce
Rye Cereal Cream
Eggs Cooked in Shell
Twin Mountain Muffins
Coffee

### LUNCHEON

Salmon and Potato Cakes
Uxbridge Catchup
Danish Pudding Top Milk
Tea

### DINNER

Chicken Chowder
with Celery and Carrots
Stuffed Egg Salad Mayonnaise
Cracker Pudding Hard Sauce
Coffee

## DECEMBER

### SUNDAY

BREAKFAST

Stewed Prunes
Farina Cream
Scrambled Eggs
Graham Toast Coffee

DINNER

Broiled Lamb Chops
Carrots and Peas Mashed Potatoes
Tomato Jelly Salad Mayonnaise
Chocolate Ice Cream
Small Cakes Coffee

SUPPER

Peanut Butter Milk Toast
Cake Hot Chocolate

### CHRISTMAS DAY

BREAKFAST

Cereal Cream
Breakfast Apples
Toast Bacon
Coffee

DINNER

Fruit Cocktail
Oyster Soup
Olives Sweet Pickles
Roast Sucking Pig
Browned Potatoes
Diced Turnips in Hollandaise
Scalloped Tomatoes in Ramekins
Cranberry Apple Sauce
Celery Hearts and Endive Salad
Thousand Island Dressing
Orange Ice Small Cakes
Nuts Raisins
Coffee

SUPPER

Chicken Cadillac
Raisin Bread Caramel Custard
Tea

TUESDAY

BREAKFAST

Grapes
Oatmeal Cream
Bacon Omelet
Bran Gems Coffee

LUNCHEON

Creamed Codfish
Hot Baking-powder Biscuits
Lemon Pudding
Cocoa

DINNER

Tomato Soup
Cabbage Rolls
Grilled Sweet Potatoes
Lettuce Salad
Banana Pudding
Coffee

WEDNESDAY

BREAKFAST

Sliced Oranges
Fried Cornmeal Mush
Coffee Sirup

LUNCHEON

Split Pea Soup Toasted Crackers
Cottage Pudding Lemon Sauce
Tea

DINNER

Clam Broth
Cold Sliced Pork
Mashed Potatoes Pickled Beets
Creamed Cauliflower
Cucumber and Lettuce Salad
French Dressing
Melons
Coffee

## THURSDAY

BREAKFAST

Farina with Raisins
Brown Hash Toast
Coffee

LUNCHEON

Mock Chicken Salad
Hot Rolls Olives
Poor Man's Barley Pudding
Tea

DINNER

Broiled Steak
French Fried Potatoes
Squash Creamed Celery
Apple Pie
Coffee

## FRIDAY

BREAKFAST

Sliced Bananas
Ready-to-eat Cereal
French Toast
Coffee

LUNCHEON

Shrimp Chowder Crackers
Lettuce Salad Sandwiches
Tea

DINNER

Baked Mackerel
Parsley Potatoes
Peas Tomato Cakes
Prune Whip
Coffee

SATURDAY

BREAKFAST

Breakfast Bacon
Pancakes
Coffee

LUNCHEON

Boston Baked Beans
Brown Bread Sour Pickled Gherkins
Floating Island
Tea

DINNER

Consommé
Pork Pie Sweet Potato Crust
Spinach
Green Salad
Baked Pears Wafers
Coffee

# Beverages

## APPLE TREE DULCET

½ glass apple jelly
1 cupful boiling water
1 quart sweet cider
Speck nutmeg
Egg-white
Sprigs mint

Whip the apple jelly to a froth and beat in slowly the boiling water. Add the sweet cider and nutmeg. Chill before serving. Top each glass with a dot of egg-white stiffly beaten and garnish with a sprig of mint.

*Redding, Conn.*

## CHERRY NECTAR

2 quarts sweet juicy cherries
Sugar or honey
3 cupfuls cider vinegar

Stem and stone the cherries and pour the cider vinegar over them, adding a few of the pits cracked. Let stand for three or four days, stirring occasionally. Strain through a bag, squeezing hard, and to every pint of juice add one pint of sugar or two scant cupfuls of honey. Boil twenty minutes and put up hot in bottles or glass jars. Two tablespoonfuls will flavor a glass of ice-water deliciously. Wild raspberries or blackberries may take the place of the cherries.

*Redding, Conn.*

## CHERRY PUNCH

2 cupfuls water
¾ cupful sugar
2 cupfuls canned red cherry juice
½ cupful orange juice
¼ cupful pineapple sirup
Juice 2 lemons
Mineral water
Candied cherries

Combine the water and sugar and bring to the boiling point. Then add the cherry juice, strained, and the other fruit

juices. Cool, dilute to taste with mineral water or ice-water and serve garnished with candied cherries.

*Good Housekeeping Institute*

## CURRANT PUNCH

2 cupfuls currant jelly
1 pint boiling water
¼ cupful sugar
3 oranges
2 lemons
Mineral Water
Halved orange slices

Whip the currant jelly to a froth and add the boiling water to dissolve. To this add the juice from the oranges and lemons and the sugar. Cool, and serve diluted with mineral water or ice-water and garnished with halved slices of orange.

*Good Housekeeping Institute*

## GINGERADE

2 ounces green ginger-root
2 lemons
1 quart boiling water
1 cupful orange, pineapple or other fruit juice
Sugar sirup
Ice-water

Cut the ginger-root and the lemons into thin slices; add the boiling water and boil for fifteen minutes. Strain, and when cool add the fruit juice with sugar sirup to taste, the exact amount depending upon the fruit juice used. Dilute with ice-water or cracked ice.

*Redding, Conn.*

## GRAPE APPLE PUNCH

1 cupful sugar
2 cupfuls water
2 cupfuls grape juice
Juice 2 lemons
½ cupful orange-juice
1 cupful grated pineapple
4 sprigs mint
Mineral or ice-water
Few halved seeded white grapes

Make a sirup of the sugar and water, letting it boil one minute. Allow to cool, then add the fruit juices, grated pineapple, and sprigs of mint bruised to emit the flavor. Serve cold, diluted with either mineral or ice-water and garnish with a few halved, seeded white grapes.

*Good Housekeeping Institute*

## GRAPEFRUIT PUNCH

2 cupfuls water
¾ cupful sugar
1 cupful grapefruit juice
½ cupful grapefruit pulp
Juice 1 lemon
¼ cupful maraschino cherries
Mineral water

Combine the water and sugar, boil one minute, and let cool. Meanwhile extract the grapefruit juice and to this add the grapefruit pulp and the lemon-juice. Allow to chill thoroughly and then add the maraschino cherries cut in halves. Dilute with mineral ice-water and serve very cold.

*Good Housekeeping Institute*

## HARLEQUIN PUNCH

2 cupfuls canned apricots with juice
Juice 2 oranges
Juice 1 lemon
1 cupful sweet cider
Mineral water
Sugar sirup

Measure the apricots filling the interstices with juice, then pass through the coarse mesh of a potato ricer. Meanwhile, extract the juice from the oranges and lemon and combine with the sweet cider. Pour over the sifted apricots and stir thoroughly. Then strain. Allow to stand until well chilled and then dilute with mineral or ice-water. Chopped candied cherries or thin banana slices may be used to garnish this drink, if desired. If not sweet enough sugar sirup may be added as needed. *Good Housekeeping Institute*

## LIME APPLE PUNCH

1½ cupfuls water
1½ cupfuls sugar
4 oranges
1 lemon
½ cupful lime juice
1½ cupfuls grated pineapple
Mineral water

Combine the water and sugar and boil together one minute. Allow to cool. Meanwhile, extract the juice from the oranges and the lemon and add to them the lime juice. Add this to the cooled sirup and just before placing in the refrigerator add the grated pineapple. When cold and ready to serve, dilute with mineral water or ice-water.

*Good Housekeeping Institute*

## PEACH PUNCH

1 cupful sugar
2 cupfuls water
¼ cupful orange-juice
2 cupfuls sliced peaches and juice
¼ cupful lemon-juice
Mineral water

Boil the water and sugar together for one minute; set aside to cool. Force the peaches through a purée sieve and combine the pulp with the orange and lemon-juice. Add to the cold sirup and let chill thoroughly. Just before serving strain and dilute to taste with mineral water or ice-water.

*Good Housekeeping Institute*

## RASPBERRYADE

½ cupful sugar
1 cupful water
2 cupfuls canned raspberries or loganberries
2 lemons
2 oranges
Mineral water
Lemon or orange slices

Boil the sugar and water together one minute. Cool, and add the raspberries or loganberries with enough juice to fill the interstices. Then add the juice extracted from the lemons and oranges and let stand in the refrigerator two hours until icy cold. Dilute to taste with ice-water or mineral water and serve, garnishing each glass with a thin slice of lemon or orange. *Good Housekeeping Institute*

## RHUBARB PUNCH

1 quart rhubarb cut in half-inch pieces
Boiling water
1 cupful sugar
1 cupful water
6 cloves
1 inch stick cinnamon
1 piece ginger root
Rose petals

Cover the rhubarb well with boiling water and let stand until cold. Boil together for five minutes the sugar, water, and spices. Strain, add the water from the rhubarb, chill, and serve with ice and a few floating rose petals.

*Redding, Conn.*

## SWEET CIDER PUNCH

3 oranges
1 lemon
¼ cupful maraschino cherries
1 quart cider

Extract juices from the oranges and lemon and add them to the cider together with the cherries. Chill thoroughly and serve. *Good Housekeeping Institute*

# Breads

## AUNT MALINDY'S BUTTERMILK BISCUIT

4¼ cupfuls bread flour
1 teaspoonful baking-powder
2 tablespoonfuls lard
1 teaspoonful soda
1½ teaspoonfuls salt
2 cupfuls buttermilk

Sift the flour, baking-powder, soda, and salt together. Mix the lard in well and add the buttermilk. Knead until very smooth, roll to one-half inch in thickness, cut with small round cutter, and bake about fifteen minutes in an oven heated to 450° F. Serve piping hot. *Brooklyn, N. Y.*

## BACON MUFFINS

¼ pound bacon
1 tablespoonful sugar
1 well-beaten egg
¾ teaspoonful salt
1½ cupfuls milk
2½ cupfuls bread flour
5 teaspoonfuls baking powder

Cut the bacon into bits and fry till crisp. Cream together two tablespoonfuls of the bacon-fat and the sugar, add the egg well-beaten and the milk. Mix the baking-powder and salt with the flour, stir into the mixture, and fold in the bacon. Pour into greased muffin pans. Bake twenty-five minutes in a 400° F. oven. *Philadelphia, Pa.*

## BOSTON BROWN BREAD

1 cupful rye meal
1 cupful granulated corn-meal
1 cupful graham flour
¾ tablespoonful soda
1½ teaspoonfuls salt
¾ cupful molasses
2 cupfuls sour milk

Mix and sift the dry ingredients, add the molasses and milk, stir until well mixed, turn into a well-greased mold, cover closely, and steam three and one-half hours. Fill the mold no more than two-thirds full. *New Bedford, Mass.*

## BOSTON BUCKWHEAT BREAD

1 cupful buckwheat flour
1 cupful cornmeal
¾ cupful bread flour
½ cupful bran
2 teaspoonfuls soda
1½ teaspoonfuls salt
½ cupful molasses
2 cupfuls sweet milk
1 cupful sour milk
½ cupful raisins

Sift the dry ingredients together; add the raisins, molasses, and milk. Pour into a well greased mold; cover closely. Boil or steam four hours; uncover, and dry in the oven. This may be steamed in a fireless cooker, if preferred.

*Redding, Conn.*

## BRAN BREAD

2 cupfuls bran
2 cupfuls bread flour
1 egg well-beaten
1 teaspoonful salt
½ cupful molasses
2 cupfuls graham flour
½ cupful seeded raisins (if desired)
2 tablespoonfuls sugar
2 cupfuls sour milk
½ teaspoonful baking-powder
1 teaspoonful soda

Mix the sugar, salt, and egg. Add the molasses, and then the sour milk. Stir in slowly the bran and graham flour and then the bread flour, sifted with the soda and the baking-powder. If raisins are used, they should be floured and added just before the bread is put into the pans. Bake in an oven heated to 350° F. for forty-five minutes. This makes two loaves and is especially good for children.

*Ann Arbor, Mich.*

## BRAN AND RYE GEMS

1 cupful bran
1 cupful rye flour
1 cupful bread flour
1½ cupfuls sour milk
1 teaspoonful baking-powder
3 tablespoonfuls molasses
3 tablespoonfuls shortening
1 teaspoonful salt
1 teaspoonful soda

Mix all dry ingredients together thoroughly, add molasses, shortening melted, and sour milk. Beat well, and pour into greased gem pans; bake in a 400° F. oven about twenty-five minutes.

*Rochester, N. Y.*

## BUTTER CAKES

3 cupfuls bread flour
¾ teaspoonful soda
½ teaspoonful baking-powder
1 teaspoonful salt
About 1½ cupfuls sour or buttermilk

Sift together twice the flour, soda, baking-powder, and salt. Then mix lightly with enough sour or buttermilk to moisten. Turn out on a floured board and knead very gently. Roll thin and cut into large rounds. Bake on a well-greased griddle, turning frequently to insure even browning. They will require at least eight minutes on the griddle. Tear them apart and drop a piece of butter in each cake. Wrap them in a napkin and serve piping hot. These are delicious when served hot and buttery with a saucer of berries at afternoon tea.

*Beechwood Park, Pa.*

## CORN BISCUIT

1 cupful bread flour
½ cupful white cornmeal
1 tablespoonful sugar
½ teaspoonful salt
Scant ½ teaspoonful soda
1½ teaspoonfuls baking-powder
¾ cupful sour milk or buttermilk
3 tablespoonfuls melted shortening
1 egg

Mix and sift together the dry ingredients; add the egg well beaten. Mix thoroughly and stir in the milk and melted shortening. Beat one minute. Turn into small, greased pans and bake at 400° F. for ten to fifteen minutes. Sour cream makes these muffins even more delicious. When substituting sour cream for the sour milk, it is necessary to use only one tablespoonful of shortening in place of the three tablespoonfuls called for.

*Chester, Va.*

## CORN AND RYE GEMS

1 cupful cornmeal
½ cupful boiling water
2 tablespoonfuls shortening
1 teaspoonful salt
¼ cupful molasses
¼ teaspoonful soda
1 cupful whole-wheat flour
1 cupful rye flour
2 teaspoonfuls baking-powder
1 cupful milk
¼ cupful raisins

Pour the boiling water over the meal and let it stand for ten minutes. Sift the soda into the molasses and stir till

it foams. Add this to the softened cornmeal and stir in the flour, mixed thoroughly with the baking-powder and salt, alternately with the milk. Add the raisins rolled in a little of the flour and the shortening melted. Mix well. Bake in muffin pans half an hour in an oven heated to 400° F. This recipe will make eighteen gems. *Redding, Conn.*

## CORN-FLAKE WAFFLES

1½ cupfuls bread flour
3 tablespoonfuls white cornmeal
2 cupfuls corn flakes
2 eggs
3 teaspoonfuls baking-powder
1 teaspoonful salt
1 tablespoonful sugar
4 tablespoonfuls shortening
About 2½ cupfuls milk

Mix and sift the flour, cornmeal, baking-powder, salt and sugar together; add corn flakes rolled or crushed until fine. Add the eggs well beaten, and the melted shortening; then add enough milk to make a thick batter. Bake in waffle irons that are hot and well-greased. *Chicago, Ill.*

## CORNMEAL AND WHOLE-WHEAT BREAD

1 pint scalded milk
1 pint warm water
2 tablespoonfuls lard or drippings
2 tablespoonfuls sugar
2 tablespoonfuls molasses
½ cupful chopped walnut meats
1 cupful lukewarm milk and water, mixed
1 yeast-cake
About 3 cupfuls bread flour
1 cupful cornmeal
About 2½ quarts whole-wheat flour
1 teaspoonful salt

Combine the scalded milk and water and add the shortening, sugar, molasses, and salt. Soften the yeast-cake in the milk and water mixed, and turn into the first mixture; when it is sufficiently cooled, add the cornmeal and bread flour to make a pancake-batter; turn in the nuts, and add whole-wheat flour to make a dough stiff enough to knead. After kneading, divide in three or four loaves, place in well-oiled tins, let rise till double in bulk, and bake forty-five minutes in a 350° F. oven. If started by seven-thirty in the morning, this will be done by one o'clock. *Maywood, Ill.*

## DELICIOUS ROLLS

½ cupful rolled oats
½ cupful cornmeal
5½ cupfuls bread flour
2 cupfuls boiling water
½ cupful brown sugar
1 tablespoonful shortening
1 teaspoonful salt
1 yeast-cake
¼ cupful lukewarm water

Place the oats, cornmeal, shortening, sugar, and salt in a bowl. Pour boiling water over all. When lukewarm, add the yeast-cake which has been softened in the lukewarm water. Mix and sift the remaining dry ingredients, and add to the first mixture. Beat until the surface is covered with bubbles. Knead until elastic, return to the pan, and let rise until double in bulk. Cut down, shape into rolls, and let rise until just before double in bulk. Bake in a 400° F. oven twenty minutes. *Long Beach, Cal.*

## EMERGENCY CORN BISCUITS

1¼ cupfuls bread flour
¾ cupful cornmeal
2 tablespoonfuls shortening
1 cupful cold water
1 teaspoonful sugar
5 teaspoonfuls baking-powder
1 teaspoonful salt

Mix and sift the dry ingredients. Mix in the shortening with two knives or the tips of the fingers. Add the cold water and mix well. Drop by spoonfuls into greased muffin pans or on a greased baking sheet one and one-half inches apart. Bake twenty minutes in an oven which registers 450° F. *Trenton, N. J.*

## FRIED BREAD

2 eggs
2 cupfuls sour or buttermilk
Stale bread
1 teaspoonful soda
½ teaspoonful salt
1 tablespoonful melted butter

Beat the eggs until light, add the sour or buttermilk, the melted shortening, soda and salt. Mix thoroughly together. Cut half-inch slices of stale bread into small squares or rounds and dip each slice quickly in boiling water, drain for a moment, and then dip in the sour-milk mixture. Unless the bread is very dry, omit the hot water dip. Fry a few pieces at a time in deep fat heated to 400° F. The fat will reduce to about 375° F. during the frying. Fry about two minutes or until a golden brown on both sides; drain on

crumpled paper, and serve with cinnamon and sugar sifted over the slices. Or serve with honey, maple sirup or jam.

*Beechwood Park, Pa.*

## GOOBER SPOON BREAD

2 cupfuls boiled hominy grits
2 eggs, well-beaten
1 cupful milk
3 tablespoonfuls peanut butter
2 tablespoonfuls flour
½ teaspoonful salt

Cream the peanut butter with some of the milk and mix all of the ingredients together. Bake in a baking dish for one-half hour in a 350° F. oven. Serve in the same dish and eat hot with butter.

*Redding, Conn.*

## GRAHAM DATE BREAD

1 cupful scalded milk
1 cupful boiling water
2 tablespoonfuls shortening
2 teaspoonfuls salt
4 tablespoonfuls molasses
2 tablespoonfuls cold milk
½ yeast-cake
1 quart graham flour
1 cupful white bread flour
1 cupful chopped dates
1 tablespoonful powdered sugar

Pour the scalded milk and boiling water over the shortening, salt and molasses placed in a bowl. Let cool until lukewarm. Soften the yeast-cake in one-fourth cupful of the lukewarm liquid and add it to the rest of the liquid. Beat in the graham and white flours, mixed together, thoroughly. Cover and let rise. When double in bulk knead in the dates and make into two loaves, put in greased pans, let rise for an hour, covered, and bake an hour in a 350° F. oven. Fifteen minutes before taking from oven rub the tops of the loaves with the powdered sugar dissolved in the cold milk.

*Fort Dodge, Ia.*

## HONEY AND NUT BRAN MUFFINS

½ cupful honey
1 cupful whole wheat flour
1 teaspoonful soda
½ teaspoonful salt
1 teaspoonful baking-powder
2 cupfuls bran
1 tablespoonful melted margarin
1½ cupfuls sour milk
¾ cupful finely chopped walnut meats

Sift together the flour, baking-powder, soda and salt, and mix them with the bran. Add the other ingredients and bake in greased gem tins for twenty-five or thirty minutes in a 400° F. oven.

*Washington, D. C.*

## MARYLAND BISCUIT

4 cupfuls flour, unsifted
3 tablespoonfuls thin cream or milk
6 tablespoonfuls shortening
½ cupful cold water
½ teaspoonful salt

Combine the dry ingredients; work in the shortening. Add the liquid Place the dough on a flat surface and beat with an ax or mallet for twenty minutes, beating the dough out flat, rolling it up, and repeating the process. Shape into biscuits, about one-half inch thick. Prick the entire surface of each with a fork. Bake in a 450° F. oven fifteen minutes.

*Sandy Spring, Md.*

## NUT PANCAKES

2 cupfuls bread flour
1 teaspoonful salt
1 teaspoonful soda
½ teaspoonful baking-powder
2 cupfuls sour milk
2 teaspoonfuls melted butter
½ to ¾ cupful broken walnut meats

Mix and sift the dry ingredients together; add milk to make a batter the consistency of thick cream. Add butter last. Pour from end of spoon on a hot, well-oiled griddle. Scatter nuts over each cake at once. Brown and turn as usual. Serve with hot sirup.

*Los Angeles, Cal.*

## OATMEAL WAFFLES

1½ cupfuls finely ground oatmeal
½ cupful cornmeal
1 tablespoonful cooking oil
1¼ teaspoonfuls salt
1½ cupfuls milk
2 teaspoonfuls baking-powder
1 egg

Grind the oatmeal or rolled oats in a food-chopper and then measure. Sift the dry ingredients together and add the shortening. Beat the egg until light, add the milk, and combine with the other ingredients. Beat well, and bake on a hot greased waffle iron.

*Greenville, S. C.*

## ORANGE BISCUITS

2 cupfuls bread flour
4 teaspoonfuls baking-powder
1 teaspoonful salt
2 tablespoonfuls shortening
About ¾ cupful milk
Loaf sugar
1 orange

Sift the flour, baking-powder, and salt together. Work in the shortening with two knives or the finger-tips. Add milk

to make a soft dough, stirring with a knife or spatula. Toss on a well-floured board, roll to one-half inch in thickness and shape into small and dainty biscuits. Then grate the orange rind and press out the juice from the orange. Dip as many lumps of sugar as there are biscuits into the juice, moistening thoroughly. Remove and plunge a lump of orange sugar into the center of each biscuit, sprinkle with grated rind and bake in an oven heated to 450° F. for twelve to fifteen minutes. Serve hot or cold. *Killingly, Conn.*

## ORANGE NUT BREAD

2 cupfuls bread flour
2 cupfuls graham flour
4 teaspoonfuls baking-powder
2 teaspoonfuls salt
½ cupful sugar
½ cupful candied orange-peel
2 cupfuls milk
1 egg
½ cupful pecan-meats

Mix dry ingredients thoroughly and sprinkle two tablespoonfuls of the flour over nuts and orange-peel. Beat egg till light and add to milk, then pour over dry ingredients, stirring and beating the mixture smooth. Last, add the floured nuts and orange-peel. Pour into two oiled bread-tins and bake forty-five minutes in a 350° F. oven.

*Webster City, Ia.*

## PEANUT BUTTER BREAD

½ cupful peanut butter
½ cupful sugar
1 egg
3½ cupfuls bread flour
3 teaspoonfuls baking-powder
1 cupful milk
½ teaspoonful salt

Cream the peanut butter and sugar. Add the egg well beaten. Mix and sift the dry ingredients and add alternately with the milk. Beat the entire mixture well and place in well-greased bread tin. Bake in a 350° F. oven about fifty minutes. *Chatfield, Minn.*

## PLAINFIELD RAISED WHOLE-WHEAT MUFFINS

½ yeast-cake
1 cupful lukewarm water
2 cupfuls whole-wheat flour
1 tablespoonful sugar
1 teaspoonful salt

Soften the yeast-cake in one-half cupful of the lukewarm water. Mix together thoroughly the flour, sugar, and salt.

To these dry ingredients add the softened yeast together with enough lukewarm water to make a soft dough—about one-half cupful. Beat well; let raise in a warm place overnight. In the morning fill greased gem pans half full of the mixture, let raise until double in bulk, and bake in a 400° F. oven for twenty minutes. *Concord, Mass.*

## POLISH MUFFINS

½ cupful butter or margarin
½ cupful sugar
1 egg
1 cupful bread flour
½ cupful milk
½ teaspoonful baking-powder
1 teaspoonful cinnamon mixed with
½ tablespoonful sugar
¾ teaspoonful salt

Cream the butter and sugar well. Add the well-beaten egg and the flour, baking-powder, and the salt, which have been sifted together twice alternately with the milk. Beat the entire mixture well. Put into greased muffin pans and sprinkle mixed cinnamon and sugar over the top. Bake in a 400° F. oven about twenty-five minutes. *Beverly, Mass.*

## PRUNE GEMS

½ pound prunes
1 cupful bread flour
¾ teaspoonful soda
1¼ cupfuls graham flour
⅓ cupful molasses
1 cupful sour milk
1 teaspoonful salt

Soak the prunes overnight in cold water, drain, and steam them over boiling water until they are plump, but not soft. Cool, remove the stones, and chop fine. Sift together the bread flour, soda and salt. Add the graham flour and the prunes, and mix thoroughly. Combine the molasses and the sour milk and stir into the dry ingredients. Pour into hot, greased iron gem pans and bake from twenty to twenty-five minutes at 400° F. Serve hot or cold. *New York, N. Y.*

## RASPBERRY BRAN GEMS

1 cupful graham flour
1 cupful whole-wheat flour
1 cupful bran
1 teaspoonful soda
2 teaspoonfuls baking-powder
1 tablespoonful sugar
1 egg
2 tablespoonfuls cooking oil
1 teaspoonful salt
2 cupfuls sour milk or buttermilk
½ cupful raspberry jam

Mix all the dry ingredients together; add the oil, the egg well beaten, the sour milk, and the jam. Beat together thoroughly and pour into well-greased gem pans. Bake twenty-five minutes in a 400° F. oven. *San Francisco, Cal.*

## RICE CORN BREAD

2 cupfuls boiled rice
2 cupfuls cornmeal
2 cupfuls sour milk
1 teaspoonful soda
1 teaspoonful baking-powder
1 teaspoonful salt
1 egg
2 tablespoonfuls drippings

Sift the cornmeal, soda, baking-powder, and salt together; add the rice, the egg well beaten, the milk, and the drippings melted. Turn into a well-greased, shallow pan, and bake in a 400° F. oven. *Ellensburg, Wash.*

## RICE SPOON BREAD

2 cupfuls boiled rice
3 eggs
1 cupful cornmeal
1 quart sweet milk
1 tablespoonful melted margarin
4 teaspoonfuls baking-powder
3 teaspoonfuls salt

Beat the eggs lightly, and add the rice, milk and margarin. Sift the dry ingredients together, and add to the first mixture. Pour into a hot, greased baking-pan and bake in a 350° F. oven forty-five minutes. *Wilmington, Del.*

## RYE AND CORN PUFFS

1 cupful rye flour
½ cupful cornmeal
2 teaspoonfuls baking-powder
1 teaspoonful salt
½ teaspoonful cinnamon
3 tablespoonfuls brown sugar
3 tablespoonfuls cracklings, or 2 tablespoonfuls margarin
¼ cupful raisins or chopped dates
1 cupful potato-water, or milk and water
1 egg

Mix all the dry ingredients together thoroughly, add the cracklings, raisins, potato-water, and lastly the egg well beaten. Bake in greased muffin pans in a 400° F. oven. These make a good dessert with cream or sirup.

*Redding, Conn.*

## RYE CAKES WITH HONEY

2 cupfuls sour milk
2 cupfuls rye flour
½ teaspoonful salt
2 teaspoonfuls soda
2 eggs
½ cupful strained honey

Dissolve the soda in the sour milk, add rye flour, and salt, thus forming a thin batter; beat well and add the eggs well-beaten. Add honey and bake on a well-greased hot griddle. Serve with butter and more honey. If not desired so sweet, less honey may be used in the batter. *New York, N. Y.*

## SOUTHERN CALIFORNIA BISCUIT

2 cupfuls bread flour
4 teaspoonfuls baking-powder
3 tablespoonfuls shortening
1 teaspoonful salt
¾ cupful milk
2 tablespoonfuls butter or margarin
Orange marmalade

Sift together the flour, baking-powder, and salt. Work in the shortening with two knives or the tips of the fingers until well blended. Add the milk gradually and turn out on a well-floured board. Roll to one-fourth inch in thickness. Cut into small rounds and brush over one-half of the rounds with the butter melted, placing the other rounds on top. Bake in well-greased pans from twelve to fifteen minutes at 450° F. Immediately after removing from the oven, lift off the top of each biscuit and put one teaspoonful of orange marmalade in the center of each bottom round. Replace the tops and serve at once. *New York, N. Y.*

## SPIDER CORN BREAD

1 cupful cornmeal
½ cupful rolled oats
1 teaspoonful soda
1 teaspoonful salt
2 eggs
2 cupfuls sour milk
2 tablespoonfuls shortening

Mix the dry ingredients, add the eggs well beaten and the milk. Melt the shortening in a frying-pan and add to the mixture. Heat pan and turn in the mixture. Cook on top of the stove three minutes. Place in a 400° F. oven and cook fifteen to twenty minutes. Serve hot, with butter.

*Hyattsville, Md.*

## SPOON BREAD

1 pint milk
½ cupful cornmeal
½ teaspoonful baking-powder
1 teaspoonful salt
3 eggs

Heat the milk nearly to boiling. Stir in cornmeal gradually and cook until the consistency of mush. Add the baking-powder, salt, and the yolks of the eggs beaten until light. Fold in the egg-whites beaten stiff. Pour into a greased baking-dish and bake one-half hour at 350° F. Serve at once with plenty of butter, from the dish in which it was baked.

*Brooklyn, N. Y.*

## SUNDAY HOT BREAD

¾ cupful sugar
2 tablespoonfuls butter
¼ teaspoonful salt
1 egg
⅔ cupful milk
1½ cupfuls bread flour
3 teaspoonfuls baking-powder
1 teaspoonful lemon-extract
Granulated sugar and cinnamon

Cream together the sugar, butter, and salt, add the egg well beaten and mixed with milk and extract, then the flour and baking-powder mixed together. Spread in two well-oiled layer-cake tins, sprinkle liberally with a mixture of granulated sugar and cinnamon, and bake twenty to twenty-five minutes in a 400° F. oven. Serve preferably while hot.

*Philadelphia, Pa.*

## SWEET POTATO BISCUIT

2 pounds sweet potatoes
2 tablespoonfuls margarin
2 eggs
1 tablespoonful molasses
1 cupful milk
1 teaspoonful salt
3 teaspoonfuls baking-powder
cupfuls bread flour

Scrub and boil the potatoes in their jackets until tender. Skin and mash while hot; add margarin. Cool and add the eggs well-beaten, the molasses, the milk, and the flour sifted with the salt and baking-powder. Toss lightly on a floured board, roll to three-fourths of an inch in thickness, cut with a biscuit cutter, prick each biscuit with a fork, place on a greased pan, and bake twenty minutes in an oven heated to 400° F. Serve hot with plenty of butter.

*New York, N. Y.*

## UXBRIDGE BUNS

6 cupfuls bread flour
1 cupful sugar
½ teaspoonful grated nutmeg
3 tablespoonfuls butter or margarin
2 cupfuls scalded milk
½ yeast-cake
¼ cupful lukewarm water
1 tablespoonful cream
1 tablespoonful sugar

To four cupfuls of bread flour, add the one cupful of sugar, the grated nutmeg, and two tablespoonfuls of the butter or margarin. Pour over the whole the scalded milk. When lukewarm, add the yeast-cake softened in the lukewarm water. Let raise overnight and in the morning add sufficient bread flour to mold—about two cupfuls. Again let raise until double in bulk, then mold into biscuits. Brush with melted butter or margarin and when double in bulk, bake at 400° F. for twenty minutes. When the biscuits are removed from the oven, brush the tops with the cream in which the one tablespoonful of sugar has been dissolved.

*Concord, Mass.*

## UXBRIDGE SOUR MILK CORN BREAD

1 egg
2 cupfuls sour milk
1 cupful cornmeal
1 cupful bread flour
1 teaspoonful soda
1 teaspoonful baking-powder
2 tablespoonfuls melted shortening
1 teaspoonful salt

To the egg well beaten add the sour milk, and the cornmeal, flour, soda, baking-powder, and salt sifted together. Beat in the shortening and bake in shallow well-greased pans for twenty minutes at 400° F. *Concord, Mass.*

## VARIETY CORN-CAKE

1½ cupfuls white cornmeal
¾ cupful bread flour
⅓ cupful sugar
1 teaspoonful salt
5 teaspoonfuls baking-powder
1 tablespoonful cooking oil
1¼ cupfuls milk
½ cupful fine coconut

Mix the ingredients in the order given. Beat well, pour into a well-greased shallow pan or muffin rings, and bake twenty minutes in an oven which registers 400° F. *Britt, Ia.*

# Cakes

## ALMOND LOAF

4 eggs
1 cupful sugar
1 cupful pastry flour
½ pound shelled almonds
¼ teaspoonful salt

Beat the yolks of the eggs until light and lemon-colored; add the sugar and all except two tablespoonfuls of the flour sifted twice with the salt. Fold in the whites of the eggs beaten until stiff and dry and last the almonds chopped *but not blanched* and mixed with the rest of the flour. Bake in a well-greased and floured loaf pan for about one hour in an oven which registers 325° to 350° F. Serve sliced very thin.

*Ft. Smith, Ark.*

## BOILED OREGON PRUNE CAKE

1½ cupfuls dried prunes
⅓ cupful melted shortening
¾ cupful sugar
1 egg yolk
½ cupful prune juice
1 teaspoonful soda
1 teaspoonful cinnamon
½ teaspoonful nutmeg
1¾ cupfuls pastry flour
½ teaspoonful salt
1 teaspoonful vanilla
1 egg white

Wash the prunes. Soak overnight in cold water, pit, and cut to raisin size. Cover with boiling water and cook until tender. Cream together the sugar and melted shortening. Add the egg-yolks, slightly beaten. Sift together the dry ingredients and add to the mixture alternately with the prune juice. Then add the prune pulp, vanilla, and last the egg-white beaten stiff. Pour into a greased and floured loaf pan and bake at 325° F. for one and one-quarter hours.

*Salem, Ore.*

## BURNT ALMOND CAKE

¾ cupful butter
1 scant cupful sugar
4 eggs
Grated rind 1 orange
2 cupfuls pastry flour
1½ teaspoonfuls baking-powder
¼ teaspoonful salt
1 tablespoonful milk

Beat to a foamy cream the butter and the sugar; then beat in the eggs one at a time, together with the grated orange rind. Sift the flour several times with the baking-powder and salt; add it to the other ingredients together with the milk. Beat well and pour into a round loaf-cake pan, without a tube and with straight sides, which has been well-greased and floured. Bake at 350° F. and when finished, remove it from the pan and let it cool thoroughly; then cut it into two or three layers crosswise and trim the top if it is not quite level. Put together with the following filling:

¼ cupful butter
½ pound confectioners' sugar
1 egg-yolk
Few drops coffee extract
2 tablespoonfuls blanched and shredded almonds

Cream the butter and add the sugar gradually and the egg-yolk. Beat together till like whipped cream, adding a little more sugar, if necessary. Flavor with the coffee extract and add the shredded almonds which have been roasted to a pale brown. Spread quickly between the layers of the cake and cover the whole with a thick chocolate fudge icing. Arrange a border and center decoration of blanched and roasted almonds. *Beechwood Park, Pa.*

## COMPANY CAKE

4 eggs
4 tablespoonfuls potato flour
4 tablespoonfuls sugar
1 teaspoonful baking-powder
½ teaspoonful vanilla

Beat the egg-yolks and sugar to a cream. Add the flour sifted with the baking-powder, fold in the stiffly beaten egg-whites, add the flavoring, and bake in a loaf form in a 320° F. oven from fifty to sixty minutes. *Montclair, N. J.*

## CUP CAKES

¾ cupful butter
2 cupfuls sugar
3 cupfuls pastry flour
¼ teaspoonful salt
¼ teaspoonful mace
2½ teaspoonfuls baking-powder
4 eggs
1 cupful milk
1 teaspoonful grated orange rind

Cream together the butter and sugar, add the egg-yolks beaten until thick, then the milk, rinsing the egg bowl with it. Fold in the flour, baking-powder, salt, and mace sifted together, alternately with the stiffly beaten egg-whites. Add the grated orange rind and turn into well-greased and floured cup cake tins and bake at 375° F. for twenty to thirty minutes depending upon the size of the cups.

*Beechwood Park, Pa.*

## DATE CAKE

1 cupful light brown sugar
1 cupful walnut-meats
¼ teaspoonful salt
1 cupful dates
½ cupful pastry flour
3 eggs

Put nuts and dates through the food-chopper. Mix together the sugar, salt, yolks of the eggs beaten until they are lemon-colored, and the dates and nuts rolled in the flour. Fold in last the stiffly beaten egg-whites. Bake in a well-greased and floured loaf pan in a 320° F. oven about forty-five minutes.

*Davenport, Ia.*

## EGGLESS, MILKLESS, BUTTERLESS CAKE

2 cupfuls brown sugar
2 cupfuls hot water
2 tablespoonfuls shortening
1 teaspoonful salt
1 package seedless raisins
1 teaspoonful cinnamon
1 teaspoonful cloves
3 cupfuls bread flour
1 teaspoonful soda

Boil together the sugar, water, lard, salt, raisins, and spices for five minutes. When cold add the flour and the soda dissolved in a teaspoonful of hot water. This makes two loaves. Bake about forty-five minutes in a 325° F. oven. This cake is of good texture and will keep moist for some time.

*New York, N. Y.*

## FAMOUS LADY BALTIMORE CAKE

1 cupful butter
1½ cupfuls confectioners' sugar
1 cupful milk
½ teaspoonful rose extract
3 cupfuls pastry flour
2 teaspoonfuls baking-powder
¼ teaspoonful salt
½ cupful water
2 cupfuls chopped raisins
2 cupfuls chopped figs
1 cupful chopped pecan-meats
½ teaspoonful almond extract
2 cupfuls confectioners' sugar
Whites 9 eggs

Cream together the butter and sugar listed in the first column. Add the milk, rose extract and flour, sifted with the baking-powder and salt. Beat smooth and fold in the stiffly-beaten whites of six eggs. Bake in three round layer-cake tins lined with greased white paper in a 375° F. oven. Cover with a paper while baking to prevent browning. Test with a straw to see if done through. For the filling boil the two cupfuls of sugar and the water together until it spins a thread, 225° F., when it may be poured *very slowly* upon the stiffly-beaten whites of three eggs. Beat until of the consistency of cream, then add chopped fruit and nuts and almond extract. Put the filling between the layers and over the top of the cake. If desired, add only the extract to the filling and place between and on top of the cake two thin layers of filling with a layer of chopped fruit and nuts between. Save a few nuts to sprinkle on top.

*Charleston, S. C.*

## FRUIT CAKE

2 cupfuls butter
2½ cupfuls brown sugar
5 eggs
6 cupfuls pastry flour
2 teaspoonfuls cream of tartar
1 teaspoonful soda
1½ teaspoonfuls cinnamon
1½ teaspoonfuls nutmeg
½ teaspoonful cloves
½ teaspoonful allspice
½ teaspoonful mace
¼ teaspoonful salt
½ cupful molasses
½ cupful coffee or milk
1 pound raisins
1 pound currants

Cream together the butter and sugar. Add the eggs beaten well. Measure and sift together all but one-fourth cupful of the flour with the cream of tartar, soda, salt, and spices. Add to the first mixture alternately with the molasses and milk. Clean and weigh the raisins and currants, mix them with the remaining one-fourth cupful of flour, and add to

the cake mixture. Bake in three medium-sized well-greased and floured loaf pans at 275° F. for three hours or until thoroughly baked. *Concord, Mass.*

## GOLDEN SUNSHINE CAKE

4 eggs
1 cupful sugar
4 tablespoonfuls cold water
1 cupful pastry flour
1½ teaspoonfuls baking-powder
¼ teaspoonful salt
1½ tablespoonfuls cornstarch
1 teaspoonful lemon extract

Separate the eggs and beat the yolks until thick; add the sugar gradually, stirring constantly. Add the water and mix thoroughly. Meanwhile sift together the flour, baking-powder, salt and cornstarch, and add to the first mixture. Beat well and add the extract. Last, fold in lightly the stiffly beaten whites of the eggs. Bake in a loaf or tube pan at 320° F. for one hour. This is an excellent ice-cream cake. *Worcester, Mass.*

## HONEY AND NUT GINGERBREAD

1 cupful honey
⅓ cupful butter or margarin
1 cupful cold water
2 cupfuls whole-wheat flour
1 cupful chopped nuts
2 eggs
2 teaspoonfuls baking-powder
1 teaspoonful ginger
1 teaspoonful cinnamon
¼ teaspoonful soda
½ teaspoonful salt

Cream the butter and honey together. Add the eggs well-beaten. Mix and sift the dry ingredients together, and add alternately with the water. Add the chopped nuts last. Bake in a 350° F. oven for forty-five minutes, or until done. *Lompoc, Cal.*

## LITTLE POUND CAKES

3 eggs
½ cupful sugar
⅓ cupful melted butter
¼ teaspoonful salt
¾ cupful pastry flour
½ teaspoonful baking-powder
Flavoring

Break the eggs into the top of a double-boiler; add the sugar and place the boiler over hot water on the range. Now beat the eggs and sugar for fifteen minutes or until the mixture is very light and creamy. Then add the melted

butter and beat again for several minutes. Whip in the pastry flour sifted with the baking-powder and salt. Flavor as desired and bake in crinkly patty pans at 375° F. Then ice and decorate as preferred. *Beechwood Park, Pa.*

## LOGANBERRY CAKE

½ cupful shortening
1 cupful sugar
2 eggs
½ teaspoonful cloves
2 cupfuls pastry flour
1 teaspoonful cinnamon
½ teaspoonful salt
1 teaspoonful soda
1 cupful canned or fresh cooked loganberries

Cream the shortening and sugar, add the eggs lightly beaten, reserving one egg-white for the icing. Sift together the dry ingredients and add to the mixture. Last add the loganberries and whatever juice collects in the cup when measuring them. Pour into a greased and floured loaf-pan and bake at 325° F. for one and one-quarter hours. Frost with boiled icing, using almond extract for flavoring.

*Salem, Ore.*

## MAPLE LAYER CAKE

3 eggs
1 cupful soft maple sugar
1 cupful pastry flour
½ teaspoonful salt
1 teaspoonful baking-powder
1 cupful cream
¼ cupful grated maple sugar

Beat the yolks of the eggs until light. Add the soft maple sugar and the flour sifted with the salt and baking-powder. Fold in last the whites of the eggs beaten very stiff. Mix quickly and bake for about one-half hour in two greased and floured layer-cake pans in an oven registering 320° F. Put together with the cream whipped and sweetened with the grated maple sugar. Spread cream on top, too, or ice, if desired with maple fondant, or merely sprinkle with powdered sugar. *Redding, Conn.*

## MRS. GRIFFIN'S BIRTHDAY CAKE

½ cupful butter
2 cupfuls brown sugar
5 eggs
3 cupfuls pastry flour
½ teaspoonful soda
¼ teaspoonful salt
1 teaspoonful cinnamon
½ teaspoonful cloves
1 teaspoonful nutmeg
⅔ cupful water or coffee
1 pound mixed fruit

Cream together the butter and sugar until very light. Add the yolks of the eggs beaten until thick and lemon colored. Sift two and three-fourths cupfuls of flour, the soda, salt, and spices together and add them to the first mixture alternately with the water or coffee. Beat well and add the fruit —seeded raisins, currants, and citron—cleaned, finely chopped and mixed together and floured with one-fourth cupful of the flour. Last add the whites of the eggs beaten until stiff and dry. Bake in a large angel cake tin at 325° F. for one and one-half hours or until thoroughly baked.

*Concord, Mass.*

## MOTHER'S GINGERBREAD

1 cupful brown sugar
½ cupful margarin
½ cupful cream
2 eggs
1 cupful molasses
2½ cupfuls pastry flour
½ teaspoonful soda
1 tablespoonful ginger
½ teaspoonful salt
½ cupful milk

Cream the margarin and sugar together, add the cream and the eggs well-beaten, then the molasses. Sift the dry ingredients together and add them to the other mixture, alternating with the milk. Pour into a small dripping-pan which has been well-greased and floured. Bake in a 350° F. oven. This makes a large sheet of gingerbread. *Philadelphia, Pa.*

## PLAIN WHITE CAKE

½ cupful butter
1 cupful sugar
2 eggs
¼ teaspoonful salt
½ cupful milk
1½ cupfuls pastry flour
2½ teaspoonfuls baking-powder
¼ teaspoonful orange extract
¼ teaspoonful vanilla

Cream together the butter and sugar. Add the egg-yolks well-beaten. Sift together the dry ingredients and add to the first mixture alternately with the milk. Beat well. Fold in carefully the whites of the eggs beaten until stiff together with the flavorings. Bake either in a loaf pan at 350° F. for forty-five minutes or in cup or layer-cake pans at 375° F. for thirty minutes. *Concord, Mass.*

## SILVER AND GOLD CAKE

½ cupful butter
1¼ cupfuls sugar
1 teaspoonful vanilla
4 eggs
3 tablespoonfuls milk
1 cupful pastry flour
1 teaspoonful baking-powder
¼ teaspoonful salt
Few drops lemon extract
½ cupful almonds

Beat the butter to a cream with one-half cupful of sugar and the vanilla. Add the yolks of the eggs well-beaten and stir in the milk. Sift the flour with the baking-powder and salt and beat these into the batter, adding also the lemon extract. Spread the batter *very thinly* in a well-greased and floured baking-pan. Now whip the whites of the eggs to a stiff, dry froth, adding to them gradually the three-fourths cupful of sugar. Beat very hard until the mixture resembles snow and will hold its shape when the egg-beater is lifted from it, then fold in the almonds which have been blanched, shredded, and roasted in the oven to a delicate brown. Spread this icing over the cake batter, sprinkle with granulated sugar, and bake for thirty minutes at 350° F. Cool and cut before removing from the pan. Batter and icing should both be thinly spread, and the finished cake should be golden and fine textured with a thick, foamy, and very delectable almond icing over the top. *Beechwood Park, Pa.*

## SOUR CREAM CAKE

½ cupful margarin
1 cupful sugar
½ cupful molasses
2 eggs
1 teaspoonful cinnamo
¼ teaspoonful salt
1 teaspoonful nutmeg
1½ teaspoonfuls soda
2 cupfuls pastry flour
1 cupful sour cream
¾ cupful raisins
¾ cupful nut-meats

Cream together the margarin and sugar; add the molasses and eggs well beaten; sift together the dry ingredients, reserving sufficient flour for dusting the raisins; add this alternately with the sour cream to the mixture. Chop the nuts and raisins fine, dust with the flour, and add. Beat well, pour into a large loaf-pan, and bake at 350° F. for about forty-five minutes. *Clinton, Minn.*

## SOUTHERN CHOCOLATE CAKE

2 cupfuls sugar
½ cupful butter
½ cupful vegetable fat
1 cupful sour cream
1 cupful crushed walnut-meats
5 eggs
2½ cupfuls pastry flour
4 squares chocolate
1 scant teaspoonful soda
1 teaspoonful baking-powder
½ teaspoonful salt
2 teaspoonfuls vanilla

Mix the shortening and sugar until very creamy; then add the yolks of the eggs beaten well. Beat and add the sour cream and nuts dredged with part of the flour. Next stir in the flour sifted with the soda, baking-powder, and salt; then the chocolate melted, and the vanilla. Stir thoroughly and fold in last the whites of the eggs beaten stiff. Pour into a well-greased and floured dripping pan. Bake in an oven registering 360° F. for about forty minutes. Ice when cold. This makes a large cake. *Brooklyn, N. Y.*

## TEXAS PECAN CAKE

¾ cupful shortening
1½ cupfuls sugar
3 cupfuls pastry flour
3 teaspoonfuls baking-powder
½ teaspoonful salt
1 cupful milk
1 teaspoonful vanilla
3 egg-whites
Boiled frosting
1 pound shelled pecans

Cream the shortening and sugar together thoroughly; sift the dry ingredients and add to the mixture alternately with the milk. Last add the flavoring and fold in the whites of eggs beaten stiff. Pour into three greased and floured layer-cake pans and bake at 375° F. for twenty minutes. Frost the layers and top of cake with boiled icing, using double the standard recipe, and adding the pecans, chopped coarsely, just before spreading on the cake. Decorate with whole halves of pecans. In sections of the country where pecans are not plentiful, use fewer pecans in the frosting.

*New Ulm, Tex.*

## TWO-EGG SUNSHINE CAKE

¼ cupful margarin
1 cupful sugar
2 eggs
½ cupful cooked sifted squash
1½ cupfuls pastry flour
½ teaspoonful salt
2 teaspoonfuls baking-powder
½ cupful hot milk
1 teaspoonful lemon extract

Cream together the margarin and sugar; add the eggs beaten until very light, the sifted squash and the flour mixed and sifted with the baking-powder and salt. Beat thoroughly, then add the hot milk and the extract. Bake as a loaf cake at 350° F. or in layer cake pans at 375° F. If the latter form is used, put the layers together with lemon filling.

*Redding, Conn.*

## WASHINGTON APPLE SAUCE CAKE

1 cupful sugar
½ cupful unsalted shortening
1¼ cupfuls unsweetened apple sauce,
2 teaspoonfuls soda
1¼ teaspoonfuls salt
1 teaspoonful cinnamon
½ teaspoonful nutmeg
½ teaspoonful cloves
2 cupfuls pastry flour
½ cupful seedless raisins
½ cupful chopped walnut-meats
¼ cupful butter
1 cupful powdered sugar
1 tablespoonful milk
1 teaspoonful vanilla

Cream the shortening and sugar together, add the apple sauce into which the soda has been beaten. Then add the flour sifted with the salt and spices, reserving a little to dust over the raisins and nuts, which should be added last. Beat well together and turn into a well-greased and floured shallow cake-pan. Bake in a 375° F. oven for about forty minutes. Ice, when cold, with a butter frosting made by blending the remaining ingredients. *Seattle, Wash.*

## WEDDING CAKE

2 cupfuls butter
3 cupfuls brown sugar
10 eggs
4 cupfuls pastry flour
1 teaspoonful soda
1 teaspoonful cinnamon
1 teaspoonful nutmeg
1 teaspoonful mace
½ teaspoonful allspice
½ teaspoonful cloves
¼ teaspoonful salt
½ cupful sweet cider or white grape juice
1 cupful molasses
2 pounds seeded raisins
2 pounds currants
1 pound citron

Cream together the butter and brown sugar very thoroughly. Add the eggs well beaten. Mix and sift together three and one-half cupfuls of the flour, the soda, salt, and spices. Add these dry ingredients to the first mixture alternately with the cider and molasses. Clean and weigh out the raisins and

currants, slice the citron thinly, and mix all with the rest of the flour. Add to the cake, beat well, and pour into three good-sized loaf pans which have been greased and floured. Bake at 275° F. for three hours or until thoroughly baked.

*Concord, Mass.*

## WORCESTER POUND CAKE

1 cupful butter
2 cupfuls sugar
4 eggs
3 cupfuls pastry flour
¼ teaspoonful salt
1 teaspoonful cream of tartar
½ teaspoonful soda
½ cupful milk
1 teaspoonful vanilla
¼ teaspoonful mace

Cream together the butter and sugar until very light, then add the yolks of the eggs beaten until thick and lemon-colored; beat again. Mix and sift together the flour, salt, cream of tartar and soda. Add to the first mixture alternately with the milk. Beat well, add the vanilla and the mace, and last fold in the whites of the eggs stiffly beaten. Bake in a greased and floured tube-cake pan at 350° F. for forty-five minutes.

*Concord, Mass.*

# Cheese Dishes

## BROWN RICE AND CHEESE

3 cupfuls milk
2 eggs
2 cupfuls boiled brown rice
2 cupfuls grated cheese
1 teaspoonful salt
¼ teaspoonful paprika

Scald the milk, add the beaten eggs and other ingredients. Pour into buttered custard cups, set in a pan of cold water, and bake in a 350° F. oven until done, that is, until a silver knife inserted in the center of the custard comes out clean. Pimientos, if liked, are an attractive addition. Serve very hot. *Angola, Ind.*

## CALIFORNIA RICE

3 cupfuls cooked rice
1½ cupfuls milk
3 tablespoonfuls flour
2 tablespoonfuls margarin
½ teaspoonful salt
1 very small onion
⅛ teaspoonful pepper
Few grains cayenne pepper
⅛ teaspoonful paprika
1 cupful cheese
24 stuffed olives, sliced

Make a white sauce in above proportions of milk, flour, and margarin. Add cheese, olives, seasonings, and grated onion. When cheese is melted, pour over rice in casserole and bake one-half hour in a 375° F. oven. *Los Angeles, Cal.*

## CHEESE SCRAPPÉ

2 cupfuls milk
1 tablespoonful cornstarch
½ cupful grated cheese
8 young onions
1½ teaspoonfuls salt
⅛ teaspoonful paprika
⅛ teaspoonful curry powder
Toast

Heat the milk in the top of a chafing-dish or double-boiler. Mix the cornstarch with a small amount of cold milk and add, stirring constantly. Chop the onions fine, using part of the

green tops, also, and add, together with the cheese, to the sauce. Last add the seasonings and pour over buttered toast. This is delicious served with cold sliced meat or in combination with hot baked potatoes and lettuce salad.

*National City, Cal.*

## CHEESE SPREAD

5 small packages cream cheese
1 cupful walnut-meats, chopped
1 cupful raisins
1 cupful coconut
2 tablespoonfuls lemon-juice

Mix this all together with the hand, working it into a little, round, flat mold, saving out enough coconut to roll it in. Use to spread on crackers for a Sunday night "snack" or an evening spread. This makes a large quantity.

*Wheeling, W. Va.*

## CORNMEAL RAREBIT

1 pint boiling water
½ cupful granulated cornmeal
1 teaspoonful salt
Few grains cayenne pepper
1 cupful milk
1 cupful grated cheese
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful minced parsley

Add the cornmeal slowly to the boiling water, in which one-half teaspoonful of salt has been placed. Cook five minutes over direct heat and then one hour over hot water. Pour out into a greased, shallow pan and let cool. When cold, cut in small squares, place in a greased pan, and cover with cheese sauce made as follows: In a saucepan melt the butter, add the flour, and cook until bubbling; then add the milk gradually. When thickened, add the rest of the salt, the cayenne pepper, the cheese, and parsley. Cook until the cheese is melted and pour over the cornmeal mixture. Brown delicately under the broiler flame or in a hot oven and serve at once. Crisp bacon curls are an excellent accompaniment to this dish. This recipe will serve four. *Philadelphia, Pa.*

## MACARONI WITH CHEESE

3 cupfuls macaroni, broken in inch pieces
1 cupful grated dry cheese
1 cupful stale bread-crumbs
¼ cupful butter
1 cupful thin cream
3 teaspoonfuls salt

Put the macaroni in boiling, salted water and cook until soft; drain and pour cold water over it. Cover the bottom of a buttered baking-dish thinly with bread-crumbs. Add a layer of macaroni, and then one of cheese. Sprinkle with salt and bits of butter. Repeat this until the dish is full, having a layer of crumbs and cheese on top. Pour over all the cream. Bake at 450° F. for one-half hour or until the top is nicely browned. If milk is used instead of cream, add more butter as the materials are placed in the baking-dish. Pepper may also be used, if liked. *New York, N. Y.*

## RINKTUM TIDDY

1 pint canned tomatoes
1 teaspoonful salt
1 teaspoonful sugar
⅛ teaspoonful pepper
Dash cayenne pepper
1 tablespoonful chopped onion
½ pound cheese
1 teaspoonful butter
1 egg
Buttered toast or crackers

Heat the tomatoes and add all the seasonings. When hot, melt in it the cheese cut in bits, adding it gradually while stirring constantly. When smooth, add the butter and the egg beaten, stirring all the while. Serve on slices of hot, buttered toast or hot crackers. *Concord, Mass.*

## ROQUEFORT CELERY STICKS

6 good-sized, uniform celery sticks
½ pound Roquefort cheese
1 tablespoonful butter
1 tablespoonful olive oil
6 drops Worcestershire sauce
¼ teaspoonful paprika

Wash and dry the celery, removing any possible strings. Mix together the remaining ingredients until smooth, fill the celery-sticks, and serve with plain salad and hot toasted crackers. *Plattsburg Barracks, N. Y.*

# Cookies

## ANISEED JUMBLES

½ cupful butter or margarin
1 cupful sugar
1 egg
¼ teaspoonful salt
2½ cupfuls bread flour
½ teaspoonful soda
½ teaspoonful baking-powder
1 cupful sour cream
½ ounce aniseed

Cream the butter with the sugar, add the egg well beaten and the salt. Sift together the flour, soda, and baking-powder. Add these dry ingredients to the egg and sugar mixture, then stir in the sour cream and the aniseed. Drop from the end of a spoon on a greased baking-sheet and bake at 400° F. for about twelve minutes. If a little sugar is sprinkled over the tops of the cakes just before they are put in the oven to bake, it will give them a delicious sugary surface. *Beechwood Park, Pa.*

## ALPHABET COOKIES

1 cupful butter or margarin
1 cupful sugar
2 eggs
4 cupfuls pastry flour
Grated rind 1 lemon
1 tablespoonful crushed cardamon
1 teaspoonful vanilla

Cream together the butter and sugar; add the eggs well beaten and the rest of the ingredients. Knead the mixture in the bowl with the hands until thoroughly mixed, then cut off a small portion, and, with the palms of the hands, roll it into a long cylindrical strip about one-half inch thick. Form the dough into any letters desired and bake on a greased baking sheet at 450° F. for about ten minutes. *Seattle, Wash.*

## A-PLUS FILLED COOKIES

½ cupful shortening
½ cupful brown sugar
½ cupful molasses
1 egg
¼ cupful sour milk or buttermilk
1 teaspoonful soda
1 teaspoonful baking-powder
½ teaspoonful salt
1 teaspoonful cinnamon
¼ teaspoonful cloves
¼ teaspoonful nutmeg
3 cupfuls pastry flour
½ cupful broken butternut meats or shredded coconut
½ cupful honey
1 teaspoonful flour
Few grains salt

Cream shortening and sugar together, add the molasses, the egg beaten, and the sour milk. Sift together the flour, soda, the one-half teaspoonful of salt, baking-powder, and spices and add to the first mixture. Mix thoroughly and chill an hour before rolling. Roll out thin, cut in strips about two by four inches, spread one-half lightly with the filling and fold over to form a square. Bake about twenty minutes at 375° F. To make the filling, mix together the butternut meats or coconut with the honey, one teaspoonful of flour, and a few grains of salt. *Redding, Conn.*

## BALL CAKES

1 cupful sugar
2 cupfuls pastry flour
1 teaspoonful baking-powder
2 teaspoonfuls cinnamon
¼ teaspoonful cloves
¼ cupful chopped citron
¼ teaspoonful nutmeg
Grated rind ½ orange
3 eggs
½ teaspoonful salt

Sift all the dry ingredients together. Add the eggs unbeaten, the citron, and the grated orange rind. Mix well. With well-floured hands make the mixture into balls the size of a walnut. Bake on a well-oiled cooky sheet, placed one and one-half inches apart, in a quick oven, 450° F. *New York, N. Y.*

## BROWN SUGAR COOKIES

2 cupfuls brown sugar
1 cupful softened margarin
3 eggs
About 5 cupfuls pastry flour
½ teaspoonful salt
1 teaspoonful soda
¼ cupful milk
1 teaspoonful vanilla

Cream together the margarin and sugar, add the eggs well beaten, the milk, the vanilla, and half the flour sifted

with the salt and soda. Add more flour, enough to make a dough which may be rolled. Cut in any desired shapes and bake about ten minutes in a 400° F. oven.

*Milwaukee, Wis.*

## CARAWAY NIBBLES

1 cupful raised bread sponge
1 cupful milk
2 tablespoonfuls butter
1 egg
1 teaspoonful salt
1 cupful sugar
1½ tablespoonfuls caraway seeds
4½ cupfuls bread flour

Scald the milk and add to it the butter and salt. When cooled to lukewarm, add the sponge together with the sugar, egg, well-beaten, and caraway seeds. Add the flour, sufficient to be able to knead the dough into a loaf. Let raise until double in bulk, cut down, knead, and let raise again until double in bulk. Cut down, knead, roll into a sheet one-half inch thick, and cut into small biscuits. Place in greased pans two inches apart and let raise until double in bulk. Bake at 425° F. for fifteen minutes, then remove the biscuits, split open, and return to the pan with the split side up; brown for five minutes.

*Columbus, O.*

## CORN-FLAKE COOKIES

2 tablespoonfuls margarin
½ cupful sugar
2 eggs
¼ cupful coconut
¾ cupful rolled oats
4 cupfuls corn flakes

Cream together the margarin and the sugar, add the eggs well beaten, and the rest of the ingredients. Drop by spoonfuls on a greased baking-sheet or the bottom of a cake pan. Bake about fifteen minutes in a 400° F. oven. Let stand on the pan a few minutes, after removing from oven, until they harden.

*Minneapolis, Minn.*

## CRULLERS

3 eggs
⅓ cupful powdered sugar
3 tablespoonfuls melted margarin
About 2¼ cupfuls pastry flour
1 teaspoonful salt
½ teaspoonful cinnamon

Beat the eggs until very light; add the powdered sugar and the melted margarin. Sift one cupful of the flour with the salt and cinnamon. Add to the first mixture together with

more flour, enough to make dough stiff enough to roll. Roll out thin, cut into strips or fancy shapes with a pastry wheel, and fry in deep fat heated to 360° F., until a light brown color. Drain on crumpled paper and dust with powdered sugar. *Hurricane, N. Y.*

## FATTIGMAN BAKELSE

2 eggs
1¾ cupfuls pastry flour
3 tablespoonfuls sweet cream
1 tablespoonful sugar

Beat the eggs until light; add the sugar and cream. Add flour to make a dough which can be rolled very thin. Cut in diamond shapes with two slashes in the center of each. Fry in deep fat heated to 370° F. Drain on crumpled paper. These are delicious dusted with powdered sugar.

*Washington, D. C.*

## FRUIT COOKIES

½ cupful shortening
1 cupful brown sugar
1 egg
½ cupful corn sirup
½ cupful sour milk
1 teaspoonful soda
½ teaspoonful salt
2½ cupfuls pastry flour
1 teaspoonful cinnamon
¼ teaspoonful allspice
¼ teaspoonful ground cloves
¼ cupful raisins
1 cupful chopped walnuts
¼ cupful shredded coconut

Plain icing

Cream shortening and sugar together, add egg well beaten, sirup, sour milk, flour, sifted with soda, salt and spices, the raisins cut in halves, chopped nuts, and coconut. Mix all together well and spread thinly in well-greased and floured shallow pans. Bake at 375° F. for about twenty minutes. While still warm, spread thinly with icing made by moistening confectioners' sugar with milk or water and flavoring with vanilla. When cold, cut with knife in squares or diamonds and remove from the pan. *Redding, Conn.*

## MAPLE DOUBLETS

1 cupful maple sirup
3 eggs
1 tablespoonful melted margarin
3 cupfuls pastry flour
½ teaspoonful salt
2 teaspoonfuls baking-powder

Combine the sirup, egg-yolks well beaten, and the melted margarin. Add the pastry flour sifted well with the salt and bak-

ing-powder. Fold in the whites of the eggs beaten stiff. Drop far apart on a greased baking-sheet as they spread in baking. Avoid making them too large. Bake at 400° F. for about twelve minutes. Put together in pairs with maple fondant or maple fudge. Especially dainty for afternoon tea.

*Redding, Conn.*

## OAT MACAROONS

2 eggs
¾ cupful sugar
1 tablespoonful melted shortening
2 cupfuls rolled oats
1 cupful coconut
½ teaspoonful salt
½ teaspoonful vanilla
3 tablespoonfuls cornstarch
1 teaspoonful baking-powder

Mix in order given and drop by teaspoonfuls on a greased pan. Bake in a 350° F. oven twenty minutes.

*Redding, Conn.*

## OATMEAL COOKIES

1 cupful sugar
½ cupful margarin
½ cupful other shortening
2 eggs
1½ cupfuls pastry flour
2 cupfuls rolled oats
1 teaspoonful cinnamon
½ teaspoonful salt
1½ cupfuls chopped raisins
½ cupful chopped nut-meats
1 teaspoonful soda
1 tablespoonful vinegar

Cream together the margarin, shortening and sugar. Add the eggs well beaten, the oats, the flour sifted with the cinnamon and salt, the raisins and nuts, and lastly the soda mixed with the vinegar. Mix all together thoroughly, roll out to one-eighth inch in thickness, cut, and bake ten minutes in a 400° F. oven. This recipe makes about four dozen cookies.

*East Orange, N. J.*

## OLYOCKS

9 cupfuls bread flour
1 cupful sugar
⅔ cupful butter or margarin
2 cupfuls milk
1 teaspoonful salt
1 teaspoonful nutmeg
4 eggs
¼ cupful lukewarm milk
1 yeast cake

Scald the milk, add one tablespoonful each of sugar and butter, and cool till tepid. Soften the yeast in the lukewarm

milk, combine with the first mixture, and beat in the salt and three cupfuls of the flour. Let rise until the sponge is light, then melt the butter, stir in the sugar, nutmeg, and the eggs well beaten, and add to the sponge with the remaining flour. Let rise, stir down thoroughly, roll out, and cut into small, thin rounds. Let rise a half-hour in a warm place and then put in the center of each a teaspoonful of the following mixture:

4 good-sized apples, chopped fine
About 3 oz. citron, chopped fine
A scant half-pound raisins, chopped fine

Moisten the edges with cold water and press together firmly as in making turn-overs, let rise again till very light, and fry like doughnuts at 360° F. in deep fat. Roll in powdered sugar before serving. These cakes will keep fresh for two weeks in a covered crock. *Bellows Falls, Vt.*

## ORANGE DROPS

3 egg-yolks
1 cupful sugar
½ orange
1 cupful pastry flour
1 teaspoonful baking-powder
½ teaspoonful salt

Beat the egg-yolks until very light. Then add the sugar and the juice and grated rind of the orange. Sift together the flour, baking-powder and salt. Add gradually to the egg mixture and beat well. Chill for fifteen minutes. Break off into pieces the size of a walnut and bake ten minutes in a 400° F. oven on a well-greased baking-sheet.

*Redding, Conn.*

## ROCKS

4 cupfuls pastry flour
½ teaspoonful salt
1 teaspoonful baking-powder
¾ cupful butter
1 cupful sugar
¼ pound cleaned currants
¼ teaspoonful mace
A little grated lemon rind
3 eggs
Nuts, raisins, citron

Sift together the flour, salt, and baking-powder; then rub the butter into flour and add the sugar, currants, mace and grated lemon rind. Stir in gradually the eggs well beaten. Mix thoroughly. Pinch off irregular bits of the dough and place on a greased baking-sheet, press a halved nut, a raisin,

or a bit of citron on some of the rocks, and roll others in granulated sugar. Bake at 400° F. for ten to fifteen minutes.

*Beechwood Park, Pa.*

## SOFT MOLASSES COOKIES

1 cupful shortening
1 cupful brown sugar
1 cupful Porto Rico molasses
1 cupful sour milk
2 teaspoonfuls soda
1 teaspoonful salt
1 teaspoonful ginger
1 teaspoonful cinnamon
1 tablespoonful vinegar
About 5 cupfuls pastry flour

Cream the shortening and blend with it the brown sugar; add the molasses and sour milk. Sift together three cupfuls of flour with the soda, salt, and spices. Add to the first mixture together with the vinegar. Add the rest of the flour, taking care to keep the dough a soft one. Chill overnight in the refrigerator or other cool place and roll out in the morning—not too thin. Cut in desired shapes and bake on greased baking-sheets about fifteen minutes in a 350° F. oven.

*Norwood, Mass.*

# Desserts, Cold

## APPLE PANDOWDY MOLD

2 quarts quartered apples
2⅔ cupfuls pastry flour
½ teaspoonful salt
1½ teaspoonfuls baking-powder
½ cupful shortening
1⅓ cupfuls milk
⅔ cupful brown sugar
1 tablespoonful butter
½ teaspoonful nutmeg
Sweetened cream

Pare, core, and quarter apples before measuring. Place in a well-greased pudding dish. Mix and sift together the flour, salt, and baking-powder. Rub in the shortening until well blended and mix to a dough just stiff enough to roll, with the milk. Roll dough out to fit the pudding dish and make several gashes in the center. Place the dough on top of the apples and tuck in around the edges. Bake at 350° F. for two hours or until the crust is well browned and the apples are soft. Then remove from the oven and allow to cool slightly. Take off the crust and cut it into thin slices. Then add to the apples the sugar, butter and nutmeg. Arrange alternate layers of the apple and crust in a deep dish or mold, pressing the layers down carefully, cover, and let stand in a cool place overnight. Unmold, cut in slices, and serve with sweetened cream, plain or whipped. *Bridgeport, Conn.*

## APRICOT AND HOMINY PUDDING

½ pound dried apricots
⅔ cupful white hominy
3 pints cold water
1 cupful sugar

Clean and wash the apricots. Soak overnight in the top of a double-boiler with the hominy and the cold water. Then add sugar and cook for five hours over hot water, stirring once an hour. Turn into a large wet mold or individual molds. Serve very cold with plain cream. This makes a very large pudding. *New York, N. Y.*

## APRICOT JELLY

1 pound dried apricots
1 cupful sugar
2 tablespoonfuls granulated gelatin
½ cupful cold water

Carefully wash the apricots, cover them with cold water, and let soak for several hours. Add sugar and boil slowly for one hour in the water in which the apricots have soaked. Strain through a fine wire sieve. With the juice, they should be of the consistency of fruit butter. While hot, stir in the gelatin, which has been softened in the cold water. Mold and serve with whipped cream. *Los Angeles, Cal.*

## ARABIAN AMBROSIA

2 cupfuls dates
1 cupful walnut-meats
1 tablespoonful lemon-juice
Cream

Wipe the dates carefully with a damp cloth and then remove the pits. Cut the dates in pieces and combine with the walnut-meats chopped coarsely and the lemon-juice. Arrange in sherbet glasses and top with a spoonful of whipped or marshmallow cream. *San Francisco, Cal.*

## BANANA BREAD PUDDING

½ small loaf bread
1½ tablespoonfuls butter
4 bananas
2½ cupfuls milk
¼ cupful sugar
Juice 1 lemon
2 eggs

In a buttered baking dish place alternate layers of buttered bread and sliced ripe bananas sprinkled with lemon-juice. Beat the eggs well, add the sugar and milk. Pour over the bread and bananas. Bake in a 350° F. oven one hour or till set. One-half cupful of tart jelly may be used in place of the lemon-juice and the sugar. *Washington, D. C.*

## BANANA WHIP

6 ripe bananas
2 tablespoonfuls lemon-juice
2 tablespoonfuls sugar
½ cupful chopped walnut-meats
Whipped cream

Press the bananas through a purée sieve. Add the lemon-juice, sugar and walnut-meats, chopped finely. Chill thoroughly and serve in sherbet glasses, garnished with whipped cream. To vary the flavor, add one teaspoonful of finely-chopped mint to the banana pulp before chilling. *Seattle, Wash.*

## CARAMEL BAVARIAN CREAM, PARSONAGE STYLE

2 cupfuls milk
2 tablespoonfuls sugar
¾ cupful sugar
¼ cupful boiling water
2 cupfuls cream
4 egg-yolks
1 teaspoonful vanilla
2 tablespoonfuls granulated gelatin
½ cupful cold water

Scald the milk and pour over the egg-yolks beaten slightly with the two tablespoonfuls of sugar. Caramelize the three-fourths cupful sugar and dissolve in the boiling water. Add to the soft custard. Add the gelatin which has been softened in the cold water. Strain into a bowl and set in ice water; when it begins to thicken, add the vanilla and the two cupfuls of cream beaten stiff. Mold and chill. If cream is not at hand, the whites of the eggs beaten stiff can be used in its place, the result being different, but still delicious.

*Norton, Mass.*

## CHOCOLATE CHARLOTTE

1½ cupfuls thick cream
½ cupful sifted powdered sugar
½ teaspoonful vanilla
Chopped nuts
1 tablespoonful granulated gelatin
¼ cupful cold water
Sponge cake or lady fingers
3 tablespoonfuls cocoa

Line a serving dish with slices of sponge cake or lady fingers. Beat the cream until thick and add the powdered sugar and vanilla. Soak the gelatin in the cold water, and dissolve over boiling water. Add to the whipped cream gradually, beating constantly. To one-half of the whipped cream mixture add the cocoa and pour in the cake-lined dish. Over this pour the rest of the whipped cream. Sprinkle with chopped walnut-meats or browned almonds. Chill and serve.

*San Francisco, Cal.*

## CRACKER PUDDING

1 cupful butter
3 cupfuls sugar
6 eggs, slightly beaten
15 crackers, rolled fine (use large split crackers)
½ teaspoonful salt
1 teaspoonful cinnamon
1 teaspoonful nutmeg
2 quarts milk
1 pound seeded raisins

Whipped cream

Mix all ingredients, except raisins, together in order given. Bake four or five hours in a 275° F. oven. Stir often during the first hour and then add seeded raisins and finish the baking without further stirring. Cover if it browns too fast. Serve very cold in slices with whipped cream on top. This makes a very large pudding, but it is better made in these quantities and it will keep for a long time in a cold place.

*Springfield, Mass.*

## FLOATING PEACHES

1 cupful milk
1 cupful canned peach juice
1 teaspoonful grated lemon rind
2 tablespoonfuls sugar
⅛ teaspoonful salt
3½ tablespoonfuls cornstarch
1 egg
18 marshmallows
¼ teaspoonful almond extract
6 canned peach halves

Cream

Combine the milk, three-fourths cupful of the canned peach juice, the lemon rind, sugar, and salt, and place in the top of a double-boiler. When hot, add the cornstarch mixed with the remaining peach juice and stir thoroughly until thick. Cook for twenty-five minutes, then add very slowly to the egg slightly beaten. Return to the double-boiler, add twelve marshmallows, and cook five minutes longer. Remove from the fire and add the flavoring. Pour into individual serving dishes, reserving a small amount of the custard mixture. Arrange a peach half on top of each custard. Place a teaspoonful of the reserved custard mixture in the cavity of each peach and in this cement a marshmallow. Serve cold with cream.

*Yankton, S. Dak.*

## GINGERBREAD CUSTARD

1 cupful stale gingerbread, broken in pieces
¼ cupful sugar
2 eggs
1 pint milk

Scald the milk; beat the egg-yolks and sugar together. Add the scalded milk gradually to the egg mixture. Pour this over the gingerbread which has been placed in a buttered baking-dish. Place in a pan of hot water and bake in a 350° F. oven for about thirty minutes or until set. Cover with a meringue made from the egg-whites, six tablespoonfuls of granulated sugar, and one-fourth teaspoonful of vanilla, and brown in a 300° F. oven, about fifteen minutes.

*Englewood, N. J.*

## JELLIED PEACHES AND ALMONDS

1 cupful dried peaches
4½ cupfuls cold water
3 tablespoonfuls granulated gelatin
¾ cupful sugar
½ cupful blanched almonds coarsely chopped
Whipped cream

Wash the peaches and soak overnight in four cupfuls of cold water. Bring to the boiling point and cook slowly ten minutes. Soak the gelatin in the rest of the cold water twenty minutes. Add the sugar and softened gelatin to the boiling peaches. Remove from the heat and stir until the sugar and gelatin are dissolved. Add the almonds and pour into a serving dish. Set in a cold place until firm and serve with whipped cream.

*San Francisco, Cal.*

## LEMON SNOW

2 tablespoonfuls granulated gelatin
½ cupful cold water
2 cupfuls boiling water
1 cupful sugar
Juice 3 lemons
Grated rind 1 lemon
3 egg-whites
Grated coconut

Soak the gelatin in the cold water for ten minutes, add the boiling water, sugar, and grated lemon rind and juice. Stir until dissolved, strain, and chill. When cold and beginning to set, beat with a whisk until frothy, then fold in the egg-whites beaten until stiff. Heap by spoonfuls on a glass dish and sprinkle thickly with grated coconut. Chill and serve with custard sauce.

*Redding, Conn.*

## MAPLE CHARLOTTE

2 cupfuls rich milk
2 eggs
2 tablespoonfuls granulated gelatin
2 tablespoonfuls cold milk
⅛ teaspoonful salt
1 cupful maple sirup
½ cupful chopped blanched almonds or shredded coconut
½ teaspoonful almond extract

Scald the milk in a double-boiler and pour it slowly over the egg-yolks well beaten; return to the double-boiler and cook five minutes. Add the gelatin which has soaked a few minutes in the cold milk and the salt. Remove from the fire and add the maple sirup. Let cool, and when beginning to set, add the almonds or shredded coconut or half of each and the extract. Beat until frothy and fold in the stiffly beaten egg-whites. Turn into wet individual molds to stiffen. Serve with or without whipped cream. *Redding, Conn.*

## MARSHMALLOW CUSTARD

2 eggs
2 tablespoonfuls sugar
2 cupfuls thin cream
½ teaspoonful vanilla
6 marshmallows

Beat the eggs slightly and then add the sugar, cream and vanilla. Combine thoroughly. Place a marshmallow in the bottom of each of six custard cups and pour the custard mixture over them. Place the custards in a pan of hot water and bake at 325° F. for forty minutes or until a silver knife will come out clean when inserted in the custard. Place in the refrigerator to cool and serve in the cups.

*Detroit, Mich.*

## ORANGE BLANC MANGE

2 tablespoonfuls granulated gelatin
3 cupfuls milk
6 tablespoonfuls sugar
Few grains salt
2 navel oranges
½ cupful shredded coconut
Whipped cream

Soak the gelatin in one-third cupful of cold milk for five minutes. Add the sugar and salt to the rest of the milk and bring to the scalding point. Then pour this over the soaked gelatin and stir until dissolved. Pare the oranges as one would an apple, thus removing all the white inside skin. Cut

crosswise in slices, remove the center pulp, and cut each slice into quarters. Add the oranges, together with the shredded coconut, to the gelatin mixture while the latter is still hot. Let stand until it begins to set, then stir up and pour into cold, wet individual molds. When firm, turn out and serve with whipped cream, flavored with lemon-juice. Garnish with segments of orange or maraschino cherries.

*Charlotte, N. C.*

## PORCUPINE PEARS

1 can halved pears

Salted almonds or salted peanuts halved

Select a large variety of pears canned in halves and drain the sirup from them. Stick the rounding side of each pear half with salted nuts, giving the appearance of a prickly pear. Arrange two or three halves of pears, according to their size, in each individual serving-dish and pour some of the sirup around them. If desired, two pear halves may be secured together by means of toothpicks and the surface covered with the salted nuts. *San Francisco, Cal.*

## PRUNE PUDDING

2 cupfuls dried prunes
⅓ cupful sugar
2 egg-yolks
2 tablespoonfuls cornstarch
1 tablespoonful water
1 cupful prune juice
½ teaspoonful vanilla
½ teaspoonful cinnamon
2 egg-whites
1 tablespoonful sugar

Wash the prunes. Soak overnight in cold water to cover, then cook in the same water until tender. Slip out the stones, cut the prunes in quarters and measure the prune juice. Add to the prunes one-half cupful of sugar and the cornstarch mixed with the cooled prune juice. Cook for twenty minutes stirring frequently. Pour this mixture over the beaten egg-yolks, add the vanilla and cinnamon; stir well together and turn into a greased pudding dish. Spread over the top the egg-whites beaten until stiff with the rest of the sugar. Bake for fifteen minutes at 300° F., folding the egg-whites into the pudding as they brown. Serve cold with whipped cream or a pudding sauce. *Salem, Ore.*

## RHUBARB TAPIOCA

3 tablespoonfuls pearl tapioca
2 cupfuls water
2 cupfuls diced rhubarb peeled
1 cupful sugar
1 tablespoonful lemon juice
¼ teaspoonful salt
1 tablespoonful gelatin

Soak the tapioca for about three hours in a half-cupful of the water, add the remaining water hot, and cook twenty minutes in a double-boiler; then add the sugar, salt, rhubarb, lemon-juice, and gelatin which has been allowed to soften for five minutes in a little cold water, and cook till the rhubarb is tender and the tapioca clear. Pour into individual serving-dishes, let stand till very cold, and serve plain with a light cake, or garnished with a meringue, whipped cream, or soft custard. *Danielson, Conn.*

## SOFT CUSTARD DE LUXE

2 eggs
2 egg-yolks
⅓ cupful sugar
⅛ teaspoonful salt
3 cupfuls scalded milk
1 teaspoonful vanilla

Place the eggs and the egg-yolks in a bowl and beat slightly, just enough to mix the eggs together, and then add the sugar and salt. Beat only enough to blend the eggs and sugar together. Over this, pour the scalded milk gradually, stirring all the while. Return to the double-boiler in which the milk was scalded and cook for about five minutes—until the mixture thickens sufficiently to coat the spoon with which it is being stirred. The stirring should be continuous during the cooking. Do not allow the water in the double-boiler to boil violently during the cooking; the custard is much smoother if cooked slowly. Be careful not to cook too long, or the custard will curdle. If this should happen, remove it from the fire immediately and beat with a Dover type egg-beater until smooth. Avoid overcooking, however, because a custard that has once curdled will never have just the same consistency as one that has been cooked just right. When the custard is cold, add the vanilla, mix well together and chill thoroughly before serving. The rest of the egg-whites may be used for meringue in the making of Floating Island or fruit custard desserts. *Good Housekeeping Institute*

## WALNUT MAPLE CREAM PUDDING

2 cupfuls milk
1 cupful maple sirup
2 tablespoonfuls cornstarch
¼ teaspoonful salt
2 eggs
1 cupful chopped walnut-meats
1 cupful cream

Heat one and three-fourths cupfuls of milk with the maple sirup in the top of a double-boiler. Combine the remaining milk with the cornstarch and salt and add gradually, stirring constantly, to the hot mixture. Cook for twenty-five minutes, then add the cornstarch mixture very slowly to the eggs slightly beaten, and continue cooking for five minutes longer. Pour into the serving dish and sprinkle with the chopped nuts while the pudding is still hot. When cold, cover with the cream whipped stiff, and serve. *Toronto, Can.*

# Desserts, Hot

## BAKED PINEAPPLE AND RICE

1 cupful rice
1 can sliced pineapple
¾ cupful brown sugar
3 tablespoonfuls butter

Wash the rice and cook in plenty of salted water until tender; drain, and pour cold water through it. Into a buttered baking-dish put a layer of rice, over this a layer of the pineapple cut in pieces; on this sprinkle a third of the sugar and one tablespoonful of butter, repeat twice, using all the ingredients. Pour in three-fourths cupful of the pineapple sirup. Bake in an oven registering 350° F. for two hours, covering the baking dish the first half of the time only. This is delicious served with ham in any style, or fried chicken, or it may be served with cream for dessert.

*Bryn Mawr, Pa.*

## BANANAS WITH RAISIN SAUCE

3 large bananas
1 tablespoonful margarin
1 tablespoonful strained honey
2 tablespoonfuls small seedless raisins
1 tablespoonful shredded coconut
1 teaspoonful lemon-juice
¾ cupful hot water
1 tablespoonful cornstarch
⅛ teaspoonful salt

Select firm bananas, cut each in four parts lengthwise, placing in pan with the melted margarin. Place raisins in the water, let simmer until soft, add the honey and lemon-juice, thicken with cornstarch mixed with a little water, and add salt. When creamy, pour over the bananas, set in a 350° F. oven for half an hour to get flavored through. Serve with coconut sprinkled over top. The recipe serves three or four.

*Milwaukee, Wis.*

## CHOCOLATE FLAKE PUDDING

1 pint milk
3 cupfuls corn flakes
½ cupful sugar
2 teaspoonfuls butter or margarin
4 teaspoonfuls cocoa
1 egg

Scald the milk, remove from the fire, and add the sugar, butter, cocoa, and flakes. When cool add the egg, well-beaten. Pour into a buttered pudding-dish and bake in an oven registering 350° F. for one hour. Serve hot with hard sauce or cold with whipped cream. For variety one-half cupful of raisins may be added. This serves four people.

*Jamaica Plain, Mass.*

## ECONOMY COBBLER

½ cupful cornmeal
1 cupful flour
1 teaspoonful salt
2 teaspoonfuls baking-powder
1 teaspoonful soda
1½ cupfuls buttermilk
2 cupfuls apple sauce, sweetened with ¼ cupful corn-sirup
1 tablespoonful powdered sugar

Mix and sift the dry ingredients together and add buttermilk to make a batter sufficiently thick to drop from a spoon on a hot, greased griddle. Make twelve cakes. When serving, place apple sauce between two cakes and sprinkle powdered sugar very lightly on top. Serve hot with top milk or thin cream.

*Milwaukee, Wis.*

## ENGLISH PLUM PUDDING

½ pound suet
½ pound seeded raisins
½ pound currants
½ pound citron
½ pound brown sugar
A 1-pound loaf stale bakers' bread
1 cupful pastry flour
½ tablespoonful cinnamon
½ tablespoonful ground cloves
½ tablespoonful nutmeg
1 teaspoonful soda
1 teaspoonful salt
1 cupful milk
4 eggs
¼ cupful cider
2 tablespoonfuls lemon-juice

Mix together in a large bowl the suet chopped fine, the seeded raisins chopped, the currants, the citron thinly sliced, the brown sugar, the inside of the loaf of bread crumbed fine, and the pastry flour sifted with the spices, soda and salt. Add

the milk, eggs well-beaten, cider and lemon-juice. Mix well together and pour into a well greased pudding mold with tight cover. Steam five hours. Serve with Plum Pudding Sauce. *Concord, Mass.*

## EVERY MAN'S CHRISTMAS PUDDING

1 cupful suet chopped fine
1 cupful molasses
1 teaspoonful soda
1 cupful rich milk
3½ cupfuls pastry flour
2 teaspoonfuls cream of tartar
1 teaspoonful grated nutmeg
1 teaspoonful salt
1 teaspoonful cinnamon
½ teaspoonful ground cloves
¼ teaspoonful mace
1½ cupfuls seeded raisins
1 cupful currants or seedless raisins

Mix together the suet and molasses. Add the soda and stir until foamy. Then add the milk and three cupfuls of the flour sifted with the cream of tartar, salt and spices. Stir in last the seeded raisins chopped and the currants or the seedless raisins—the latter cut in halves—dusted with the remaining half-cupful of flour. Steam in a large pudding boiler or two smaller ones, well greased, four to five hours. Serve with York and Lancaster Sauce. *Concord, Mass.*

## GRATED SWEET POTATO PUDDING

3 large sweet potatoes
1 cupful sugar
1 cupful milk
1 egg
1 tablespoonful melted butter or margarin
1 teaspoonful grated nutmeg

Pare and grate the potatoes or put them through the food-chopper. Add the sugar and milk and mix thoroughly. Beat in the egg and add the butter and nutmeg. Turn into a well-greased, shallow pudding-pan and bake until brown in a 350° F. oven. If desired, the top may then be spread with one cupful of preserve, and a meringue. Brown in a 300° F. oven and serve. *Hopewell, Va.*

## HAWAIIAN DELIGHT

1½ cupfuls pastry flour
3 teaspoonfuls baking-powder
½ teaspoonful salt
2 tablespoonfuls sugar
1 egg
¾ cupful milk
1 tablespoonful melted shortening
¼ teaspoonful cinnamon
1 can grated pineapple

Sift together the pastry flour, baking-powder, salt and one tablespoonful of sugar. Beat the egg until light and to it add the milk and melted butter. Add gradually to the dry ingredients, stirring all the while. Beat well, spread in a greased cake pan, and sprinkle the top with a mixture of one tablespoonful of sugar and the cinnamon. Bake at 400° F. for twenty minutes. Cut in squares and serve hot with the grated pineapple over it. *San Francisco, Cal.*

## LEFT-OVER POOR MAN'S PUDDING

2 cupfuls cold boiled rice
3 cupfuls hot milk
¼ cupful molasses
¼ cupful raisins
1 tablespoonful margarin
1 teaspoonful salt
½ teaspoonful nutmeg

Mix the rice and hot milk together. Add the molasses, raisins, margarin, salt, and nutmeg. Pour into a buttered baking dish and bake at 350° F. about one hour. Stir once or twice during the first half-hour. *Concord, Mass.*

## A NEW RICE PUDDING

1½ cupfuls rice
3 tablespoonfuls sugar
4 tablespoonfuls corn-sirup
3 apples

Wash the rice thoroughly, and cook until flaky in boiling, salted water. Drain and stir in the corn-sirup and sugar. Grease a pudding-dish and put in a layer of rice. Pare the apples and spread a layer of sliced apples over the rice. Alternate the layers until the dish is full, cover, and bake in a 350° F. oven until the apples are soft. Remove the cover to brown. Serve with or without sauce.

*Temperance, Mich.*

## PEACH POLLY

1 quart can peaches
2 cupfuls soft stale bread crumbs
1 tablespoonful lemon-juice
¼ cupful sugar
1 tablespoonful margarin

Arrange a layer of canned peaches in a greased baking-dish, sprinkle with the sugar, dot with bits of margarin, and add the crumbs. Pour over the top the juice from the peaches,

to which the lemon-juice has been added. Bake thirty minutes at 400° F. and serve with cream or any favorite sauce. The fruit juice may be reserved for use in the sauce if desired and one cupful of water used in its place in the pudding.

*Yankton, S. D.*

## PEQUOT PUDDING

¼ cupful granulated tapioca
2 tablespoonfuls cornmeal
¼ cupful shredded coconut
½ teaspoonful salt
1 quart scalded milk
1 cupful brown sugar

Mix the tapioca, cornmeal, coconut, and salt and add to the milk. Cook until it begins to thicken, add the sugar, pour into a buttered pudding-dish and bake forty-five minutes, at 350° F. This pudding may be served hot with melted butter, or very cold with cream.

*Springfield, Mass.*

## PINEAPPLE AND STRAWBERRY SHORTCAKE

Part 1

1 pint strawberries
Sugar to sweeten, about ½ cupful
1 pint shredded fresh pineapple
Sugar to sweeten, about ½ cupful
Rich biscuit-dough

Part 2

1 cupful sugar
½ cupful water
1½ tablespoonfuls lemon-juice
2 teaspoonfuls butter

Wash and slice the strawberries, shred or dice the pineapple, and add the sugar to each, as directed. While they are standing, make the biscuit-dough, using two cupfuls of flour, four tablespoonfuls of shortening, four teaspoonfuls of baking-powder, one teaspoonful of salt, and about three-fourths cupful of milk, shaping it into good-sized individual shortcakes. Split while piping hot, butter lightly, and on the lower piece place a spoonful each of the berries and pineapple. Set the top on, cover with more fruit, and serve with the sirup made of the ingredients of Part 2. To prepare this, boil the sugar and water to a heavy sirup, about ten minutes, remove from the heat, and add the lemon-juice and butter.

*Monticello, Ia.*

## POOR MAN'S BARLEY PUDDING

5 cupfuls milk
½ cupful barley
⅔ cupful honey
½ teaspoonful salt
½ teaspoonful cinnamon
1 tablespoonful shortening

Wash barley, mix ingredients, and pour into buttered pudding dish; bake three hours in a 300° F. oven stirring three times during the first hour of baking to prevent barley from settling. The barley may first be covered with the milk and allowed to stand one hour or longer to partially soften. If this is done less baking may be required. *Ontario, Can.*

## PRUNE DELIGHT

1 cupful prunes
3 cupfuls cold water
1¼ cupfuls sugar
3 cupfuls milk
4 eggs
¼ teaspoonful salt
½ teaspoonful lemon extract
½ cupful brown almonds

Wash and cover the prunes with the cold water and soak overnight. Then simmer slowly until the prunes are very soft. Discard the pits and rub the prunes through a coarse strainer. Meanwhile, melt one cupful of sugar in a frying-pan until caramel in color. Pour one-half of it into the mold in which the custard is to be baked and the other half in a greased pan to harden. To the prune pulp, add the milk and bring to the scalding point. Beat the eggs slightly, adding one-fourth cupful of sugar, the salt, lemon extract, and then the hot prune and milk mixture, a little at a time, stirring constantly. Pour into the mold, place in a pan of hot water, and bake at 325° F. for one and one-quarter hours or until firm when tested with a silver knife. Cool the custard slightly and turn out on a serving dish. Remove the hardened caramel from the pan and, together with the almonds, crush very fine. Sprinkle over the custard and serve either hot or cold.

*San Francisco, Cal.*

## QUICK RICE PUDDING

¾ cupful uncooked rice
4 tart apples
½ cupful raisins
¾ cupful sirup
½ teaspoonful cinnamon
¼ teaspoonful nutmeg
Juice 1 lemon

Wash the rice, pare, core, and quarter the apples. Add the apples to the rice and cook in three cupfuls of boiling, salted

water for fifteen minutes, or until the apples are tender. Add the remaining ingredients, pour into a double-boiler, and cook until the rice is tender. Serve with cream or custard sauce. Or the cooked mixture may be poured into a buttered baking-dish, topped with a meringue made from the stiffly beaten white of one egg, three tablespoonfuls of sugar and one-eighth teaspoonful of vanilla and browned in a 300° F. oven.

*Watsonville, Cal.*

## RAISIN SOUFFLÉ

1½ cupfuls hot milk
1 tablespoonful cornstarch
Yolk 1 egg
⅓ cupful raisins
½ teaspoonful vanilla
White 1 egg
¼ cupful corn-sirup

Beat the egg-yolk slightly, beating in the sirup and dry ingredients. Add the hot milk slowly, stirring constantly. Add the raisins, pour the mixture into a double-boiler, and cook until it coats a spoon. Remove, add the vanilla, and fold in the egg-white beaten stiff. Pour into a buttered pudding-dish or ramekins. Set in a pan of water and bake fifteen minutes in a 325° F. oven.

*Wellsboro, Pa.*

## SOUR MILK PUDDING

1 cupful stale corn bread
2 cupfuls sour milk
1 egg
½ teaspoonful soda
½ cupful raisins
¼ teaspoonful cinnamon
4 tablespoonfuls molasses

Crumble the bread and soak it in the milk for half an hour. Add the beaten egg, raisins, soda, and spice, and bake in a 325° F. oven until it begins to set. Then spread the molasses over the top and bake until firm, with a rich brown caramel crust. Sweet milk may be used, omitting the soda, but this is a good way of "saving" milk that is turned.

*Redding, Conn.*

## SPICED BREAD-CRUMB PUDDING

1 cupful sour milk
1 cupful stale bread-crumbs
1 cupful brown sugar
¼ cupful shortening
½ cupful pastry flour
½ teaspoonful cinnamon
¼ teaspoonful cloves
2 tablespoonfuls molasses
1 teaspoonful soda
¾ cupful raisins

Soak bread-crumbs in sour milk a half-hour. Cream the shortening and sugar together, add molasses, flour sifted with the spices and soda, and lastly the raisins. Add this to the bread-crumbs and milk. Pour into a buttered baking-dish and bake in a 350° F. oven forty-five minutes. Serve hot or cold. The molasses may be omitted. This recipe will serve eight.

*Akron, O.*

## STEAMED COFFEE PUDDING

¾ cupful butter or margarin
1 cupful sugar
2 eggs
7 tablespoonfuls ground coffee
2 cupfuls milk
2¼ cupfuls pastry flour
4½ teaspoonfuls baking-powder
½ teaspoonful salt
1 cupful powdered sugar
¼ teaspoonful vanilla

Cream together one-fourth cupful of butter and the sugar, and add one egg well beaten. Scald four tablespoonfuls of freshly ground coffee in a double-boiler with one cupful of milk for ten minutes. Then strain through fine cheese-cloth. Sift together the flour, baking-powder, and salt. Add this alternately with the milk coffee to the first mixture. Turn into one large greased mold or individual molds, and steam, allowing two hours for the large mold and one-half hour for the individual molds. Serve with the following coffee sauce: Melt one-half cupful of butter and add the powdered sugar and the other egg slightly beaten. Then add one cupful or milk which has been scalded as above with three tablespoonfuls of ground coffee and then strained. Add vanilla and serve over the steamed pudding.

*Good Housekeeping Institute*

# Egg Dishes

## ASPARAGUS OMELET

2 tablespoonfuls butter or margarin
2 tablespoonfuls flour
1 cupful milk
¾ teaspoonful salt
¼ teaspoonful pepper
6 eggs
1 cupful asparagus tips

Melt the butter and add the flour. When blended together and bubbling, add the milk gradually, stirring constantly. Cook until the sauce is smooth and thickened. Season with one-half teaspoonful of salt and one-eighth teaspoonful of pepper. Separate the eggs. To the yolks add one-fourth cupful of the white sauce, one-fourth teaspoonful of salt, and one-eighth teaspoonful of pepper, and beat until thick. Beat the whites until stiff and cut and fold them into the egg-yolk mixture. Heat an omelet pan and grease the sides and bottom. Turn in the mixture, spread evenly, and cook slowly until delicately browned on the under side and well puffed. Then place in a 300° F. oven until the top of the omelet is cooked, remove from the oven, fold, and turn on a hot platter. Garnish with the asparagus tips and pour the remaining white sauce around the omelet. *New York, N. Y.*

## BAKED EGGS WITH PIMIENTO POTATOES

2 cupfuls riced potatoes
⅓ cupful milk
2 tablespoonfuls margarin
Salt
Pepper
2 tablespoonfuls chopped pimiento
¼ cupful dry bread-crumbs
4 eggs

Mix potatoes, margarin, milk, one teaspoonful of salt, and pimiento together well. Arrange in baking-dish. Make four indentations; into each break an egg. Dust with salt and

pepper, sprinkle with crumbs and bake at 400° F. until eggs are done. This recipe serves four. *Freeport, Ill.*

## CREAMY EGGS, BASKET STYLE

6 eggs
1 cupful cooked green peas
4 tablespoonfuls margarin
4 tablespoonfuls flour
2 cupfuls milk
1 tablespoonful lemon-juice
1½ teaspoonfuls salt
⅛ teaspoonful pepper
1 small loaf bread

Hard-cook the eggs, shell, and cut them in halves lengthwise. Melt two tablespoonfuls of the margarin in a chafing-dish, add the flour, and stir until bubbling. Then add the milk, stirring the mixture constantly, and one and one-fourth teaspoonfuls of salt, the pepper, and the lemon-juice. Lay in the pieces of egg and let heat gently. Add the remainder of the margarin and salt to the peas and heat. Meanwhile, remove the crust from the bread. Scoop out the center to form a basket, leaving a rim three-quarters of an inch thick. Fry a golden brown in deep fat at 390° F. Remove and drain well. Place a layer of peas in the bottom of the bread basket and fill with the creamy eggs. Arrange a border of peas around the top and serve at once.

*Good Housekeeping Institute*

## EGGS AND MUSHROOMS

6 hard-cooked eggs
6 medium-sized mushrooms
3 tablespoonfuls butter
1 tablespoonful flour
2 tablespoonfuls minced parsley
1 teaspoonful salt
⅛ teaspoonful pepper
1 cupful stock or top milk
6 rounds buttered toast

Wash, skin, and cut the mushrooms into small pieces; sauté in the butter for five minutes; then sprinkle the flour over all and add the minced parsley, salt, and pepper. Stir well together and add gradually the stock or top milk, stirring constantly. Cover and simmer five minutes. Then add the hard-cooked eggs which have been cut in thick slices. Heat thoroughly and serve on rounds of hot, buttered toast.

*New York, N. Y.*

## EGGS WITH SAUCE MOUTARDE

6 eggs
½ cupful butter or margarin
1 tablespoonful prepared mustard
1 tablespoonful lemon-juice
1 teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful chopped tarragon
¼ teaspoonful chopped chervil
¼ teaspoonful parsley
¼ teaspoonful chives

Hard-cook the eggs, shell, and cut them in halves lengthwise. Melt the butter, add the mustard, lemon-juice, salt, pepper, and chopped herbs, and cook until creamy. Add the eggs, and when thoroughly heated serve at once.

*New Rochelle, N. Y.*

## EGGS IN SPINACH CASES

6 eggs
2 cupfuls finely chopped and seasoned cooked spinach
Salt
Pepper
Paprika
2 tablespoonfuls butter
Catchup

Line the bottom and sides of buttered ramekins with the hot chopped and seasoned spinach, leaving a deep indentation in each ramekin. Break an egg into each case, sprinkle with salt, pepper, and paprika, and dot over with bits of butter, using one teaspoonful for each ramekin. Set in a pan of hot water and bake at 400° F. until the eggs are set. Remove and pour a small round of thick catchup on the center of each egg and serve.

*Concord, Mass.*

## HINDU EGGS

2 hard-cooked eggs
2 raw eggs
½ teaspoonful salt
¼ teaspoonful paprika
1 teaspoonful curry powder
¼ cupful dry bread-crumbs
1 tablespoonful margarin
¼ cupful grated cheese

Slice the hard-cooked eggs and place them in a well-buttered baking-dish. Cover with the raw eggs well beaten; sprinkle with the salt, paprika, and curry powder. Place on the top the bread-crumbs mixed with the margarin melted and then the cheese. Bake till brown in a 400° F. oven. This is enough to serve three.

*Somerville, Mass.*

## ITALIAN EGGS

Asparagus tips — 2 cupfuls Hollandaise sauce
6 eggs

Butter a rather shallow glass dish and cover with hot, canned or freshly cooked asparagus tips laid flat and evenly, allowing four to six tips for each serving. Meanwhile, poach the eggs in the usual manner and arrange them on the asparagus tips. At the last minute, pour the hot Hollandaise sauce over all and serve.

*Concord, Mass.*

## MEXICAN EGGS

3 eggs
1 small onion
1 tablespoonful margarin
1 quart canned tomatoes
1 teaspoonful salt
¼ teaspoonful pepper
¼ teaspoonful paprika
⅛ teaspoonful soda
1 tablespoonful flour

Fry the onion, chopped, in the margarin for five minutes. Add the tomatoes, salt, pepper, and paprika. When hot, add the soda. Five minutes before serving, stir in the eggs well beaten and the flour mixed with just a little cold water. Stir until thickened and serve at once on crackers or toast.

*Augusta, Me.*

## POACHED EGGS WITH BLOATER-PASTE SAUCE

6 eggs
1½ cupfuls milk
4 tablespoonfuls flour
3 tablespoonfuls butter
¼ teaspoonful salt
Speck pepper
1½ teaspoonfuls bloater paste

Melt butter, add flour and seasonings, and cook together until bubbling; add milk gradually, stirring continually until all is added. To this white sauce add the bloater-paste. Poach the eggs and place them on rounds of toast. When the sauce and paste are thoroughly mixed together, pour it over the eggs and serve.

*Elizabeth, N. J.*

## POACHED EGGS WITH SHRIMP HOLLANDAISE

2 cupfuls Hollandaise sauce
1 tablespoonful minced parsley
1 small can shrimps
6 rounds toast
6 slices raw tomatoes
6 eggs
Salt
Pepper
Butter

To the Hollandaise sauce—either mock or real may be used—add the parsley and the shrimps which have been cut in dice after removing the viscera. Butter the toast and on each round lay a slice of the tomato which has been sautéd until brown. Poach the eggs and lay one over each slice of sautéd tomato. Sprinkle lightly with salt and pepper and pour the sauce over all. To prepare sautéd tomatoes, cut raw tomatoes in half-inch slices, dip in flour well seasoned with salt and pepper, and brown on both sides in hot fat.

*Good Housekeeping Institute.*

## RICE OMELET

4 eggs
1 teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful paprika
½ cupful cooked rice
2 tablespoonfuls chili sauce
2 tablespoonfuls bacon fat

Beat the yolks of the eggs until lemon-colored; add the seasoning, rice, and chili sauce. Mix well and fold in the stiffly-beaten egg-whites and turn into a frying or omelet pan in which the bacon fat has been melted. Cook slowly until delicately browned on the bottom, then set in a 300° F. oven until the top has set. Loosen the edges with a knife or spatula, fold over, turn out on a hot platter, and serve at once. Enough to serve four. *Shelbyville, Ky.*

## SWEDISH SOUFFLÉ

5 eggs
2 cupfuls milk
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful sugar
¼ teaspoonful pepper
2 cupfuls some left-over vegetable, meat, fish, or cereal
2 teaspoonfuls salt

Melt the butter, add the flour, and stir until smooth; add the milk and stir until it thickens. Butter a baking-dish and place the left-over in the bottom. Pour the white sauce over the eggs which have been beaten light and to which have been added the sugar, salt, and pepper. Stir together and pour the mixture over the left-over. Bake one hour in an oven which registers 325° to 350° F. If salty left-over is used, less salt will be needed. *Front Royal, Va.*

## TABASCO EGGS

1 cupful heavy cream
1 cupful milk
1 teaspoonful salt
Few grains cayenne pepper
Dash tabasco sauce
6 eggs
½ cupful fine bread-crumbs
½ cupful grated cheese
6 toast squares

Heat the cream and the milk in a chafing dish or saucepan. Add the salt, cayenne pepper and the tabasco. When the mixture reaches the scalding point, break in the eggs, one at a time, slipping them in as rapidly as possible. Dip the hot sauce over and around them. As the eggs begin to set sprinkle the bread crumbs which should be dry and crisp, and the cheese over the eggs and sauce. Keep dipping the sauce over the eggs until the crumbs and cheese are well blended in the mixture and the eggs rather firmly set. If necessary, more milk may be added. Remove the eggs carefully when done, and serve each on a square of hot, buttered toast surrounded with the sauce. *Concord, Mass.*

## TOMATO SCRAMBLE

1 tablespoonful butter
½ green pepper
1½ cupfuls tomato-juice
¾ teaspoonful salt
¼ teaspoonful pepper
6 eggs
½ cupful milk
6 pieces toast

Chop the green pepper fine and sauté it in the butter melted. Add the tomato juice obtained by straining canned tomatoes, one-half teaspoonful of salt, and one-eighth teaspoonful of pepper. Meanwhile, beat the eggs slightly, and add the rest of the salt and pepper and the milk. Heat a frying pan, grease thoroughly, and turn in the mixture. Cook until of a creamy consistency, then add the tomato sauce, a little at a time, folding it in carefully. When thoroughly combined, serve at once on hot, buttered toast. *New York, N. Y.*

# Fish

## BAKED FILLETS OF HALIBUT

2 slices halibut
1 teaspoonful salt
¼ teaspoonful pepper
1 tablespoonful sugar
2 medium-sized onions
8 teaspoonfuls catchup
8 lemon slices
4 teaspoonfuls butter
Cold water

Select two slices of halibut cut about one-half inch thick. Remove the bones, leaving eight fillets. Wash and dry thoroughly and place in a greased baking pan. Sprinkle with salt, pepper, and sugar. Place over each piece of fish one thin slice of onion, one teaspoonful of catchup, one thin slice of lemon, and one-half teaspoonful of butter. Pour a little cold water in the pan, but do not let it cover the fish. Bake for about thirty minutes in an oven registering 425° F. Baste frequently with the liquor in the pan, adding more hot water if needed. Do not let it boil entirely dry, though it should evaporate partially. Remove to a hot platter, pour the liquor over all, and garnish with parsley. Any filleted white fish may be prepared in this way. Small fish may be used whole and cooked in a similar manner.

*Elizabeth, N. J.*

## BAKED FINNAN-HADDIE

1 finnan-haddie
1 pint top milk
½ cupful fine dry bread-crumbs
Parsley

Soak the fish in cold water to cover for at least half an hour. Then lay it open in a greased dripping pan, skin side down. Cover with top milk, using about one pint for a large fish; sprinkle the bread crumbs over all and bake at 425° F. until a rich brown, about twenty minutes. Lift the fish onto a hot platter, pour the sauce around and sprinkle finely minced parsley over it.

*Concord, Mass.*

## BAKED SALMON

A 6-pound salmon
3 cupfuls stale bread-crumbs
⅓ cupful melted butter or margarin
Salt
¼ teaspoonful pepper
½ cupful chopped celery
3 tablespoonfuls chopped onion
2 teaspoonfuls minced parsley
Hot water
Milk or water
Quartered lemons
Parsley

Clean and wash the salmon carefully. Rub salt over and inside the fish. Combine the bread-crumbs, butter, one teaspoonful of salt, the pepper, onion, parsley, and celery. Add hot water to moisten the stuffing well, about one cupful. Stuff the salmon; place in a baking-pan, the bottom of which has been covered with milk or water. Bake in a 425° F. oven about one and one-quarter hours, basting every fifteen minutes; renew the liquor in the pan frequently. Garnish with lemon and parsley.

*Alberta, Can.*

## BLUEPOINT PASTRY—FAMILY STYLE

1 No. 2 can oysters
3 tablespoonfuls butter
1 tablespoonful flour
Salt
¼ teaspoonful paprika
Pepper
1 onion
1 tablespoonful minced parsley
3 dashes tabasco sauce
1 cupful strained tomatoes
4 tablespoonfuls grated cheese
8 medium potatoes

Melt one tablespoonful of butter in a saucepan and add the flour, one teaspoonful of salt, the paprika, onion finely chopped, parsley and tabasco sauce. Blend together well and add gradually the strained tomatoes. Cook five minutes, stirring constantly. Drain the oysters, look over carefully, removing any portion of shell, and pour cold water through them. Place the oysters in a buttered casserole and pour the tomato sauce over them. Cook the potatoes in boiling salted water until tender; drain and mash; season with two tablespoonfuls of butter, salt and pepper to taste, and add the grated cheese. Beat with a spoon until light and fluffy. Pile lightly on the oysters, sprinkle with paprika and bake thirty minutes, or until brown, at 425° F. Clams of the soft-shell variety may be substituted for the oysters.

*Brooklyn, N. Y.*

## BREADED COD CUTLETS

A 3 to 4 pound cod
3½ teaspoonfuls salt
1 cupful fine bread-crumbs
1 tablespoonful minced parsley
⅛ teaspoonful black pepper
2⅔ cupfuls milk
Butter or other fat
Lemon slices
3 hard-cooked eggs

Remove the head and tail from the fish and cut into pieces about one-half inch thick. Wipe carefully with a wet cloth. Rub three teaspoonfuls of salt into the fish. Mix together the bread-crumbs, minced parsley, pepper, the half teaspoonful of salt, and two-thirds cupful of milk. Rub this mixture over the pieces of fish, making a layer one-fourth inch thick on each piece. Place one-half teaspoonful of fat on top of each piece of fish. Put the rest of the milk in the bottom of a stewing kettle or Dutch oven and place the fish in the milk. Cover and allow the fish to simmer very slowly for fifteen minutes. When cooked, lift out onto a hot platter. Garnish with slices of lemon and the hard-cooked eggs cut in halves or quarters lengthwise. Serve with the gravy in the pan.

*Good Housekeeping Institute*

## "CALIFORNIA CHICKEN" PIE

1 can tuna (13 oz.)
2 carrots diced
2 medium potatoes, diced
1 medium onion, chopped
1 cupful green peas
1 tablespoonful butter
2 tablespoonfuls flour
1 cupful milk
1 teaspoonful salt
¼ teaspoonful paprika
⅛ teaspoonful pepper
Pastry

Boil carrots, potatoes, onions and peas together until tender in a small amount of salted water. Make a white sauce as follows: Melt the butter, add the flour, and cook till bubbling; add the milk gradually and cook till smooth and thickened. Add seasonings and mix sauce with the tuna. Line a baking-dish with plain pastry, fill with the vegetables and creamed fish in layers, cover with an upper crust in which vent holes have been made, and bake till the crust is brown in a 450° F. oven.

*San Diego, Cal.*

## CANNED SHAD ROE À LA MUSHROOMS

1 can shad roe
1 cupful fresh mushrooms
4 tablespoonfuls butter
3 tablespoonfuls flour
¼ teaspoonful paprika
2 cupfuls strained canned tomatoes
1 teaspoonful salt
¼ teaspoonful pepper
Buttered toast

Skin and slice the mushrooms and sauté them in the butter for five minutes. Add the flour and seasonings and stir in gradually the strained tomatoes. Cook until smooth and add the shad roe cut in pieces not too small. Cook for three minutes longer and serve on slices of buttered toast. Fresh roe, cooked, may be prepared in the same manner. This recipe serves four. *Brooklyn, N. Y.*

## CLAM FRITTERS

1 dozen hard clams
1 egg
1 cupful bread flour
⅓ cupful clam juice or milk
½ teaspoonful baking-powder
½ tablespoonful minced parsley
¼ teaspoonful salt
⅛ teaspoonful pepper

Mix and sift the flour, baking-powder, salt, and pepper together. Add the clam juice if it is not too salt, otherwise use milk, and the egg well-beaten. Mix together well and stir in the clams which have been washed and cut in very small pieces, and the parsley. Drop by tablespoonfuls into deep fat heated to 360° F. Fry until a golden brown on all sides. Drain on crumpled paper. This recipe will make eight to ten small fritters. *New York, N. Y.*

## CLAM POULET

1 small can minced clams
1 cupful milk
2 tablespoonfuls butter
3 tablespoonfuls flour
1 teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful paprika
Speck cayenne pepper
3 sweet pickled gherkins
1 hard-cooked egg
2 canned pimientos
6 slices toast

Melt the butter in the top of the chafing-dish, add the flour and seasonings, and stir together. Then add gradually the liquor drained from the clams and the milk, and stir con-

stantly until smooth and thick. Add the clams and the pickles, eggs, and pimientos, all finely diced. Heat until very hot and serve on slices of buttered toast.

*Los Angeles, Cal.*

## CODFISH IN TOMATO SAUCE

1 pound salt codfish
1 quart stewed tomatoes
2 medium-sized onions
2 whole cloves
¼ teaspoonful celery salt
½ teaspoonful salt
¼ teaspoonful pepper
2 tablespoonfuls butter or margarin
4 tablespoonfuls flour

Cover the fish with boiling water and cook until tender; drain and separate into small pieces. Combine the tomatoes, the onions sliced fine and browned, the cloves and the celery salt. Cook ten minutes, then strain. Melt the butter, add the flour gradually, stirring constantly, and cook until the mixture bubbles. Add the strained tomatoes gradually and cook until the sauce is of a smooth consistency. Season with salt and pepper. Add the codfish and serve on slices of buttered toast.

*Queens, N. Y.*

## COLD FISH PUDDING

2 cupfuls cooked fish
2 eggs
1 teaspoonful salt
¼ teaspoonful pepper
¼ teaspoonful paprika
1 tablespoonful margarin
1 tablespoonful flour
½ cupful milk
1 teaspoonful lemon juice
1 tablespoonful minced parsley
1 medium-sized tomato
2 olives, chopped
2 gherkins, chopped
1 hard-cooked egg, chopped
⅔ cupful soft bread-crumbs
¼ cupful chopped celery

Mince the fish; add the salt, pepper, and paprika. Stir in the egg well beaten and the white sauce made from the margarin, flour, and milk. Add the rest of the ingredients and mix well together. Pour into a well-greased mold which can be covered. Cover closely, set in a pan of boiling water, and boil for one hour. Serve cold with Tartare Sauce.

*Balboa, C. Z.*

## CRAB MEAT AND TUNA AU GRATIN

1 large can crab meat or
2 cans shrimps
1 small can tuna
4 tablespoonfuls butter
3 tablespoonfuls flour
1 teaspoonful salt
¼ teaspoonful pepper
1½ cupfuls milk
¼ cupful Parmesan cheese

Melt two tablespoonfuls of butter in a saucepan, add the flour, salt and pepper, and cook until bubbling; stir in gradually the milk, stirring constantly; cook until smooth and thickened. Cover the bottom of a buttered baking-dish with a thin layer of white sauce thus made, add a layer of crab meat, cover with white sauce, then a layer of tuna, and continue alternating layers until dish is filled. Cover with cheese, dot with butter using the remaining two tablespoonfuls and bake at 500° F. twelve minutes or until cheese has browned nicely.

*Hackensack, N. J.*

## CREAMED HADDOCK AND POTATOES WITH CHEESE

3 cupfuls shredded cooked haddock
3 cupfuls cold, cooked potatoes
1½ teaspoonfuls salt
¼ teaspoonful pepper
1 pint of milk
2 tablespoonfuls butter or margarin
2 tablespoonfuls flour
½ cupful cheese
¼ teaspoonful paprika

Combine the shredded haddock and cold potatoes cut into fine pieces. Make a white sauce by melting the butter and adding the flour. Cook until it begins to bubble, and then add the cold milk gradually. Cook until of creamy consistency; add the cheese, cut into small pieces, and cook until the cheese is melted. Add salt, pepper, and paprika. Mix with the haddock and potatoes. Put into a buttered shallow baking-dish and bake in a 500° F. oven until it is browned.

*Boston, Mass.*

## CREAMED SHRIMPS AND GREEN PEPPER

2 tablespoonfuls butter
3 tablespoonfuls flour
2 cupfuls milk
1 teaspoonful salt
¼ teaspoonful pepper
½ cupful chopped green pepper
1½ cupfuls shrimps
Toast or crackers

Melt the butter and add the flour; cook until bubbling and add the milk gradually, stirring constantly. Cook until smooth and thickened. Season with the salt and pepper. Place this sauce over hot water and heat in it the green pepper and shrimps. Use either freshly cooked or canned shrimps which have been thoroughly cleaned and cut in halves. Serve on crackers or toast, or in timbale or puff paste cases.

*Good Housekeeping Institute.*

## CURRIED FLOUNDER

1 small onion
4 tablespoonfuls butter or margarin
1 tablespoonful curry powder
2 tablespoonfuls flour
½ tablespoonful salt
1 teaspoonful lemon-juice or vinegar
1½ cupfuls milk
½ cupful dry bread crumbs
2½ cupfuls flaked cooked flounder

Make a curry sauce as follows: Chop the onion fine and brown it in two tablespoonfuls of butter, adding the curry powder and flour after a few minutes so they may brown also. Season with the salt and lemon-juice and add gradually the milk, stirring constantly. Cook until smooth and thickened. Place in a greased baking dish alternate layers of fish and curry sauce, covering the top with the dry crumbs mixed with the rest of the butter melted. Brown in a 500° F. oven. Any white fish as cod, halibut, or haddock may be used.

*Good Housekeeping Institute*

## DEVILED SHRIMPS

2 small cans shrimps
1 cupful toasted bread-crumbs
1 tablespoonful chopped parsley
1 small onion
2 eggs
1 tablespoonful chopped sweet red pepper
3 tablespoonfuls margarin
1 teaspoonful salt
¼ teaspoonful pepper
About 1 cupful milk

Put shrimps and onion through the food-chopper; add three-quarters of the crumbs, the parsley, red pepper, eggs beaten, one tablespoonful margarin melted, salt and pepper, and the milk to moisten. Place in buttered ramekins, cover with the remaining crumbs, and dot with margarin. Brown in a 500° F. oven.

*Gulfport, Miss.*

## FINNAN-HADDIE WITH CHEESE SAUCE

1 finnan-haddie
1 cupful macaroni
2 cupfuls milk
4 tablespoonfuls flour
3 tablespoonfuls margarin
½ cupful grated cheese
¼ teaspoonful pepper
1 teaspoonful salt

Nearly cover the fish with cold water and bake until tender at 425° F. Cook the macaroni, preferably one of the smaller varieties, in boiling, salted water until tender, drain, and pour cold water through it. Make a white sauce: melt the margarin, add flour, and cook till bubbling. Add milk gradually, stirring constantly; cook till thickened. Add seasonings and cheese. Remove the flakes of the fish from the skin and bones, arrange on a platter, surround with the macaroni, and pour the sauce over all. *Toronto, Can.*

## FISH AND CUCUMBERS EN RAMEKINS

2 medium-sized cucumbers
1 teaspoonful salt
1 cupful flaked fish (left over)
1 small onion
1½ cupfuls medium-thick seasoned white sauce
1 cupful dry bread-crumbs
Paprika

Pare and cut the cucumbers and onion into cubes. Add the salt and cook in boiling water until the cucumbers are tender. Drain and add the white sauce and flaked fish. Place the mixture in ramekins and dust with bread-crumbs and paprika. Bake until browned on top in a 500° F. oven.

*St. Paul, Minn.*

## FISH SCRAPPLE

1 cupful yellow cornmeal
½ cupful cold water
1 teaspoonful salt
½ cupful shredded salmon, tuna, or codfish
3 cupfuls boiling water

Mix cornmeal, salt, and cold water; add to boiling water. Cook either in double-boiler or fireless cooker three hours. One-half hour before removing, add the shredded fish. When done, pack in greased, one-pound baking-powder boxes or small bread-pans, cool, and cover to prevent crust forming. The next morning, remove from box, slice thinly, dip in flour, and sauté in hot fat until brown on both sides. This amount will fill one bread-pan. *Lake Forest, Ill.*

## FISH TURNOVER

1 cupful any shredded cooked fish
1 cupful cold boiled potatoes, chopped fine
1 teaspoonful salt
¼ teaspoonful pepper
1 teaspoonful minced parsley
About ½ cupful hot medium-thick white sauce
2 tablespoonfuls margarin
Hot, diced buttered beets
Parsley

Mix together the fish and potatoes and add the salt, pepper, and minced parsley. Moisten with the white sauce which should be unseasoned and turn into a hot frying pan in which the margarin has been melted. Let cook slowly until a rich brown, fold over like an omelet, and serve on a hot platter with a border of hot, diced, buttered beets and parsley garnish.

*Concord, Mass.*

## HALIBUT IN TOMATO CUPS

12 medium-sized tomatoes
1½ pounds halibut
1½ cupfuls seasoned white sauce
1 cupful grated cheese
Lemon-juice
Chopped parsley
Salt
Pepper
Paprika
3 tablespoonfuls butter

Cut the bone out of the halibut steak and cut in strips. Brush top of each piece with melted butter. Sprinkle with lemon-juice and chopped parsley and roll up. Scoop the centers out of the tomatoes. Season on the inside with salt, pepper, and paprika, put a roll of fish in each, place in a baking-pan, and add a very little water. Bake thirty minutes at 425° F., basting the fish with the liquid in the pan. Serve with cheese sauce made by melting the cheese in the white sauce.

*Dayton, O.*

## LUNCHEON OYSTER CUPS

18 oysters and their liquor
2¼ cupfuls milk
1 tablespoonful margarin
1 pimiento
1 cupful grated cheese
1 cupful chopped celery
Flour
2 tablespoonfuls shortening
1 teaspoonful salt
4 teaspoonfuls baking-powder

Melt the margarin, add three tablespoonfuls of flour, and cook until the mixture bubbles. Add one and one-half cupfuls of cold milk gradually, stirring constantly. Stir in the

celery and cook twenty minutes in a double-boiler. Add the pimiento chopped and the cheese. Cook the oysters in their own liquor until the edges curl, and add them, cut in small pieces, together with the liquor strained, to the white sauce. Serve in cups made of the following mixture: Sift together two cupfuls of bread flour, the salt, and the baking-powder. Mix in the shortening thoroughly and add about three-fourths cupful of milk or enough to make a soft dough. Toss on a well-floured board, roll to one-half inch thickness, and cut with a biscuit cutter. Press each biscuit over an inverted, greased gem-pan. Bake a delicate brown in a 450° F. oven. Arrange on a hot platter and fill the cases with the oyster mixture.

*Winona, Minn.*

## MARYLAND OYSTER STEW

1 pint tomatoes, fresh or canned
1 pint oysters
2 cupfuls diced potatoes
1 pint milk
2 teaspoonfuls salt
½ teaspoonful pepper
1 tablespoonful butter or margarin
1 cupful bread cubes
2 cupfuls oyster liquor

Combine the tomatoes, potatoes, and oyster liquor. Add boiling water to cover and cook until tender. Add the oysters, milk, and butter, and just bring to the boil. Season. When ready to serve, add the bread cubes toasted.

*Baltimore, Md.*

## "ONE-PIECE" CODFISH MEAL

1 pound salt boneless codfish
6 medium-sized potatoes
3 medium-sized onions
2 eggs
1 green pepper, chopped
1 cupful milk
1 cupful fish stock
3 tablespoonfuls flour
2 tablespoonfuls margarin

Soak the fish in cold water to cover for a few hours, drain, cover again, and bring slowly to a boil. Drain again and cover once more with cold water. When boiling add the onions chopped, the potatoes cut in quarters or thick slices, and the eggs in the shell, carefully washed. Boil until the vegetables are tender. Remove the eggs. Drain, saving one cupful of the liquid for use in making the sauce. Turn into a hot dish. To make the sauce, melt the margarin, add the flour, and cook

till bubbling, then add the milk and stock gradually and cook till thickened. To the sauce add the green pepper chopped fine. Pour over the fish and vegetables. Shell the eggs, either chop or slice them, and use to garnish the dish. Add salt and pepper to the sauce if needed.

*Fall River, Mass.*

## ONE-PLATE FISH DINNER

2 pounds halibut, cod, or haddock
1 tablespoonful vinegar
1 cupful rice
1 quart can spinach
2 tablespoonfuls butter
1 large bunch beets or 1 pint canned beets
Salt
Pepper
Minced parsley
Drawn butter gravy

Tie the fish in cheese-cloth and boil until tender in water to which one tablespoonful of salt and the vinegar have been added. Cook the rice in boiling, salted water until tender. Chop the spinach and the beets separately and heat with one tablespoonful of butter, one-half teaspoonful of salt, and a few grains of pepper for each. When all are done, place the fish in the center of the platter, and arrange around it mounds of rice, spinach, and beets in rotation. Sprinkle all with minced parsley. Serve with drawn butter gravy. The beets may be left whole, if preferred. *Walden, N. Y.*

## PLANKED MACKEREL

1 good sized mackerel
Salt
Pepper
Paprika
2 tablespoonfuls butter
1 quart hot seasoned mashed potatoes
1 egg
Cucumber slices
Small tomatoes

Purchase the mackerel split. Wipe the fish with a damp cloth, then lay it skin side down on a plank which has been heated and rubbed with butter or margarin; sprinkle well with salt, pepper, and paprika, and dot the surface with the butter. Place in a hot oven, 500° F., or low under a broiler flame for fifteen minutes. Meanwhile boil potatoes, put them through a potato ricer and season while hot with salt, pepper, and paprika. Add sufficient hot milk to make the mixture not quite so soft as for ordinary mashed potatoes. To the quart of potatoes add the egg-yolk. Mix well and fold in

the white of the egg stiffly beaten. Arrange the mashed potatoes around the fish in mounds or force through a pastry bag in which a rose tube is inserted. Brown quickly under a broiler flame or not, as desired. Garnish the fish with slices of cucumber which have been marinated in French dressing, and cut small whole tomatoes in lily form and place at intervals around the plank; place a whirl of mayonnaise in the center of each tomato.

*Good Housekeeping Institute*

## POTTED CARP

2 pounds carp
1 tablespoonful drippings
3 medium-sized carrots
1 cupful milk
½ teaspoonful whole mixed spices
4 gingersnaps
3 teaspoonfuls salt
¼ teaspoonful pepper

Melt the drippings, in a stew-pan; lay in part of the fish cut in pieces, cover with slices of carrot which have been parboiled until nearly tender, then add another layer of fish and one of carrots on top, pour on milk in which the gingersnaps have been soaked, and add the spices, salt, and pepper. Cover and let cook slowly for one hour. This may be baked in the oven if preferred. A four-pound carp will make about two pounds of fish when dressed. If carp cannot be procured, halibut, haddock, or cod may be substituted.

*Fergus Falls, Minn.*

## SARDINE TOASTS

1 large can sardines in oil
1 teaspoonful salt
2 tablespoonfuls lemon-juice
12 slices oatmeal bread
1 teaspoonful prepared mustard
4 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful milk
½ teaspoonful salt for sauce
⅛ teaspoonful pepper

Bone the sardines and mash. Make into a paste with the salt, lemon-juice, and mustard, and spread between slices of bread which have been spread with butter, using two tablespoonfuls. Toast a golden brown. Serve hot, with a medium-thick white sauce poured over them. The sauce is made as follows: Melt the rest of the butter and add the flour. Cook until it begins to bubble. Add the cold milk gradually and cook until the mixture thickens. Season. *Fergus Falls, Minn.*

## SCRAMBLED SMOKED SALMON

½ pound smoked salmon
1 large tomato
½ green sweet pepper
4 eggs
⅛ teaspoonful paprika
⅛ teaspoonful pepper
2 teaspoonfuls fat
2 onions

Cut the salmon into thin slices and soak several hours, changing the water at least three times an hour. In a frying-pan melt the fat and cook in it until soft the pepper and the onions chopped. Add the tomato peeled and chopped, and cook a few minutes longer. Then place the salmon, well drained, on top and cook until broken in small pieces. Just before serving pour the eggs, slightly beaten, over all. Stir together, add pepper and paprika, and serve at once.

*Chicago, Ill.*

## SHRIMP GUMBO

2 pounds green shrimps
2 cupfuls hot water
2 cupfuls canned tomatoes
16 okra
1½ teaspoonfuls salt
3 slices bacon
2 tablespoonfuls flour
1 small onion
1 cupful rice
Cayenne pepper

Dice the bacon and try out in a stew-pan. Add the onion minced and cook five minutes. Then add the flour, stirring constantly until brown. Add the tomatoes, the water, the okra cut into small pieces, and the shrimps shelled. Season with salt and a generous dash of cayenne pepper and simmer one hour. Serve hot with the rice, which has been cooked meanwhile in boiling, salted water. Canned okra may be used, in which case add fifteen minutes before serving.

*Topeka, Kan.*

## SMELTS PIQUANT

2 pounds smelts
Lemon-juice
Salt
Paprika
Flour
Fat
1 cupful stock or milk
Few drops anchovy essence
1 teaspoonful minced parsley

Select rather large smelts, if possible; clean and cut diagonal gashes in each side. Sprinkle lemon-juice over them and a little salt and paprika. Turn once or twice that they may be

well seasoned and let stand fifteen minutes. Then dip in flour and sauté in any good hot fat until brown and crisp. Lay on a hot platter and surround with the following sauce: Stir into the fat left in the pan—about one tablespoonful—an equal quantity of flour until smooth and brown; add slowly the stock or milk, stirring until the right consistency; season highly with one tablespoonful of lemon-juice, one-half teaspoonful of salt, one-fourth teaspoonful of paprika, the anchovy essence and minced parsley. Pour this around the smelts and garnish with rosettes of mashed potatoes and sprigs of parsley.

*Concord, Mass.*

## WASHINGTON SALMON SUPREME

2 cupfuls freshly cooked or canned salmon
4 tablespoonfuls melted butter or margarin
1½ teaspoonfuls salt
⅛ teaspoonful pepper
1 tablespoonful minced parsley
3 tablespoonfuls chopped celery
4 eggs
½ cupful cracker-crumbs
2 cupfuls cooked peas
1 cupful milk
½ cupful salmon liquor
1 tablespoonful cornstarch
1 tablespoonful butter
½ teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful catchup

Measure and drain the salmon, reserving the liquor. Remove the skin and bones and chop fine. Add the melted butter, salt, pepper, parsley and celery. Beat the eggs well, combine with the cracker-crumbs, and add to the first mixture. Mix well, pack into a buttered mold, and steam one hour. Turn out on a hot platter, garnish with the peas heated and seasoned to taste, and serve with the following sauce: Scald the milk, combine the cornstarch and salmon liquor, and add gradually to the milk, stirring constantly. Then add the butter, salt, and pepper and cook three minutes. Just before serving add the tomato catchup a little at a time.

*Aberdeen, Wash.*

# Fruit Combinations

## APPLE VARIANTS

8 tart apples
½ cupful cooked rice
¼ cupful seedless raisins
2 cupfuls hot maple sirup

Wash, core, and pare the apples, leaving a belt of skin around each. Place in a casserole and fill the cavities with the rice and raisins mixed together. Pour the maple sirup over all and bake at 400° F. until the apples are perfectly tender, covering for the first half hour. Serve hot or cold at pleasure.

*Redding, Conn.*

## BAKED APPLES GLACÉ

6 large firm red apples
Sugar
1½ cupfuls water
Cream
Fruit garnishing

Wash and core the apples and pare them about one-third of the way down from the stem end; then place them in a deep dripping pan or saucepan which has a closely-fitting cover. Make a thin sirup, using one cupful of sugar and the water, and boil it for six minutes. Pour this sirup over the apples, cover tightly, and place in a 400° F. oven, or over a low gas burner flame. Baste the apples occasionally until they are quite tender, but still whole and perfect. Remove the cover and place one teaspoonful of sugar in the cavity of each apple, also sprinkling sugar over the pared surface. Then place the pan under the flame of the broiler in a gas range or in a 550° F. oven, until the sugar has melted and the skinned sections of the apples have taken on a delicate brown. Basting once or twice during this process helps also to make the apples look as though they had been varnished with clear

melted sugar. Serve with plain cream or top with sweetened whipped cream, flanked by two leaves cut from angelica and just touched with a fragment of candied cherry.

*Beechwood Park, Pa.*

## BAKED APPLE WITH BANANAS

6 large-sized apples
1 cupful corn-sirup
1 tablespoonful butter
1½ bananas
6 marshmallows

Wipe, pare, and core the apples. Place in a pan and add the sirup and butter. Simmer slowly, turning the apples frequently until they are tender yet hold their shape. Remove to a casserole and insert one-quarter of a banana in each apple. Place a marshmallow on top of each apple. Pour the sirup around them and bake at 400° F. until the marshmallows are puffy and brown. Serve at once.

*Centerville, Tenn.*

## BAKED APPLES WITH PRUNE JUICE

6 apples
6 teaspoonfuls butter
½ cupful brown sugar
2 cupfuls prune juice

Core and pare the apples and cut them in halves crosswise. Place them in a baking-dish with one-half teaspoonful of butter in the center of each half; sprinkle the apples with the brown sugar and pour the prune juice, drained from stewed prunes, over all. Cover the apples and bake at 400° F. until tender, basting frequently. Fifteen minutes before removing the apples from the oven take off the cover and finish the baking. Serve hot or cold with or without cream.

*Beechwood Park, Pa.*

## BAKED BANANAS

½ cupful sugar
1 tablespoonful cornstarch
½ teaspoonful salt
6 bananas
1 cupful boiling water
2 tablespoonfuls lemon-juice
2 tablespoonfuls grape jelly
½ cupful dry crumbs

Mix together the sugar, cornstarch, and salt. Stir into this mixture the boiling water and cook until free from any raw taste. Add the lemon-juice and grape jelly, or any tart jelly.

Rub a baking-dish with margarin. Remove the skins from the bananas; cut them into halves lengthwise, then each half crosswise. Put the cut bananas into the baking-dish and pour the sauce over them. Cover the top with crumbs and bake at 400° F. until the bananas are soft and the crumbs brown. *Hartford, Conn.*

## BREAKFAST APPLES

4 large tart apples
¼ teaspoonful salt
¼ teaspoonful cinnamon
2 tablespoonfuls vegetable fat or butter
1 tablespoonful sugar

Wash the apples and wipe them dry, then remove the cores and slice in quarter-inch slices without removing the skins. Melt the fat in a frying-pan; add the salt. When the fat is hot, dash in the apples and cover immediately. Cook briskly for a few minutes, then with a broad spatula turn over the mass that all may be equally cooked. When the apples are soft and slightly browned, sprinkle with the sugar and cinnamon mixed together. Serve hot with such breakfast dishes as ham and eggs, or sausages and pancakes.

*San Mateo, Cal.*

## CINNAMON PRUNES

1 pound prunes
3 inch stick cinnamon
2 slices lemon or orange

Wash the prunes carefully, cover with cold water, and soak overnight. Add the cinnamon and slices of lemon or orange. Cook slowly in a covered utensil until tender. If cooked very slowly, no sugar will be needed. *Danville, Pa.*

## CRANBERRY APPLE SAUCE

1½ cupfuls sliced apples
1½ cupfuls cranberries
1 cupful water
1 cupful sugar

Wash, pare and core the apples and slice before measuring. To these add the cranberries and water and cook slowly until soft. Then add the sugar and stir until the sugar is thoroughly dissolved. Remove and serve hot with meats or cold as a sauce for luncheon or supper.

*Good Housekeeping Institute*

## GINGER APPLES

4 large sour apples
1 slice lemon
½ cupful sugar
½ cupful water
½ ounce green ginger root
¼ teaspoonful salt

Pare and quarter the apples. Place them in a buttered baking-dish; add the lemon, sugar, water, salt, and ginger root broken in pieces. Bake at 350° F. until soft, covering the first half of the time. *Danville, Pa.*

## JELLIED CRANBERRY SAUCE

1 quart cranberries 1 cupful water 2 cupfuls sugar

Wash and put the cranberries through the food chopper. Add the water and cook six minutes from the time they begin to boil, add the sugar, boil three minutes longer, and pour into a cold wet mold to set. Serve, unmolded, as a meat accompaniment. *Redding, Conn.*

## MAPLE APPLE SAUCE

2 quarts apples
1½ cupfuls maple-sirup
1 lemon, sliced and cut into quarters

Prepare the apples by paring, coring, and cutting into eighths. Mix all the ingredients together and bake in a covered earthenware dish in a 350° F. oven for several hours until the apples are tender and of a rich dark red color. Use as a meat accompaniment. *Jamaica, N. Y.*

## PIQUANTE FRUIT COCKTAIL

½ cupful powdered sugar
½ cupful orange-juice
⅓ cupful grapefruit-juice
1 cupful canned cherries
3 tablespoonfuls chopped crystallized ginger
1 cupful canned pear cubes

Mix together the sugar, orange-juice, and grapefruit-juice and chill. Remove pits from the canned cherries, using either the white or red variety, and cut canned pears into cubes before measuring. Place the fruit in cocktail glasses, fill with the liquid, and sprinkle each service with one-half tablespoonful of chopped, crystallized ginger. *San Francisco, Cal.*

## QUINCE APPLE SAUCE

3 pints sliced sweet apples
1 pint sliced quinces
1 quart boiling water
1 cupful brown or white sugar

Wash, pare, and core the apples and quinces and slice before measuring. Add the boiling water and cook for at least an hour over a slow fire or longer in a fireless cooker. Ten minutes before taking them up, add the sugar.

*Redding, Conn.*

## RHUBARB DE LUXE

4 cupfuls rhubarb, cut small
2 cupfuls granulated sugar
½ teaspoonful mace
¼ teaspoonful cinnamon
12 whole cloves
1 large orange

Place the ingredients all together in a greased casserole, adding the grated rind of the orange as well as the juice and pulp. Cover and bake until the rhubarb is tender. If very juicy, uncover during the last fifteen minutes of baking.

*Sausalito, Cal.*

## RHUBARB EN CASSEROLE

4 cupfuls rhubarb diced but not peeled
1¼ cupfuls brown sugar
½ cupful seeded raisins

After dicing, wash the rhubarb in cold water but do not drain it very thoroughly. Put it in the casserole together with the other ingredients, stir well, cover, and bake at 350° F. until the rhubarb is soft.

*New York, N. Y.*

## SPICED BANANAS

4 bananas
1 tablespoonful salad oil
1 cupful water
2 tablespoonfuls brown sugar
½ teaspoonful cinnamon

Select ripe fruit and brown them whole in the oil. Add the rest of the ingredients and simmer until the bananas are soft. Serve cold as a relish.

*Washington, D. C.*

# Frozen Dishes

## APRICOT VELVET

2 cupfuls dried apricots
5 cupfuls cold water
2 cupfuls sugar

Clean and soak the apricots overnight in the cold water. Simmer in the same water until very soft. Then rub through a coarse strainer. Add the sugar to the strained pulp and heat until the sugar melts, stirring constantly. Cool thoroughly and freeze in the usual manner.

*San Francisco, Cal.*

## BANANA SHERBET

1½ cupfuls sugar
1 cupful water
6 medium-sized bananas
2 cupfuls orange-juice
2 tablespoonfuls lemon-juice
1 egg-white
2 tablespoonfuls sugar

Boil the water and sugar together for five minutes. Cool thoroughly. Mash the bananas or press through a potato ricer. Add the orange and lemon-juice to the banana pulp. Combine with the sugar sirup; pour into the freezer, and partially freeze. Then beat the egg-white until stiff, add the two tablespoonfuls of sugar and beat again. Fold into the sherbet and freeze about five minutes longer, or until stiff enough to serve. Serve garnished with diced oranges.

*Good Housekeeping Institute*

## CRANBERRY MILK SHERBET

2 cupfuls cranberry purée
2 cupfuls sugar
3 tablespoonfuls lemon-juice
3 cupfuls milk

Add the sugar to the cranberries cooked and forced through a purée sieve, while it is still hot. Stir until the sugar is dis-

solved and add the lemon-juice and milk. Pour into a two-quart freezer and freeze as usual, using three parts of ice to one of salt. *Good Housekeeping Institute*

## FROZEN CUSTARD

1 quart milk
½ cupful sugar
2 tablespoonfuls cornstarch
¼ teaspoonful salt
1 egg
2 teaspoonfuls vanilla

Scald the milk in a double-boiler. Mix together one-fourth cupful of sugar, the cornstarch and the salt. Pour the scalded milk on this mixture and return it to the double-boiler. Cook fifteen minutes. Beat the egg well with the rest of the sugar. Add it gradually to the hot milk mixture and cook for three minutes longer. Remove from the fire, let cool thoroughly, add vanilla and freeze.

*Good Housekeeping Institute*

## GOLDEN GLOW ICE CREAM

2 quarts milk
1 tablespoonful flour
1 quart can apricots
1 cupful grated pineapple
2 cupfuls sugar
1 cupful hot water
2 oranges

Boil the sugar and water together five minutes. Add the grated pineapple, apricots cut fine with juice, and juice and pulp of the oranges. Scald the milk, add the flour moistened with two tablespoonfuls of milk, and cook two minutes. Blend the milk and fruit mixture, cool and freeze. This recipe makes a gallon. *Mt. Vernon, Ill.*

## MANHATTAN PUDDING

1½ cupfuls orange-juice
¼ cupful lemon-juice
1 teaspoonful vanilla
1½ cupfuls powdered sugar
⅔ cupful chopped almonds
1 pint heavy cream

Blanch the almonds and brown them in the oven before chopping. Mix the fruit juices and half the sugar together. Let stand until the sugar is thoroughly dissolved. Turn mixture into a brick or fancy mold which has been chilled. Whip the cream, adding the rest of the sugar, the vanilla, and the chopped almonds; pour over the first mixture, filling the

mold to the very top. Adjust cover and seal with a strip of cheese-cloth which has been dipped in melted butter or margarin. The ice hardens the fat and a perfect seal is formed. Pack in equal parts of ice and salt and let stand three and one-half hours. *LeRoy, N. Y.*

## PEACH CREAM SHERBET

2 cupfuls mashed fresh peaches
1 cupful cream
1 cupful sugar
Chopped maraschino cherries

Sprinkle the sugar over the peaches and let stand for three hours. Fold in the cream whipped stiff and freeze. Garnish, when serving, with chopped maraschino cherries. Canned peaches may be used, in which case reduce the sugar to three-fourths cupful. *Good Housekeeping Institute*

## PRUNE ICE CREAM

1 pound prunes
Juice 1 lemon
1½ cupfuls sugar
3 cupfuls milk
1 cupful cream
½ teaspoonful salt

Wash the prunes, soak overnight, and cook slowly, in water to cover, until tender. Then add the sugar and lemon-juice. Allow to simmer ten minutes; strain the juice. Pit the prunes and strain the pulp through a potato-ricer. Add to the milk and cream combined with the salt; cool and freeze. *Sauquoit, N. Y.*

## "POMEGRANATE" ICE

2 cupfuls water
1 cupful sugar
¼ cupful lemon-juice
Grated rind 1 orange
2 cupfuls blood orange-juice

Make a sirup by boiling the water and sugar about five minutes. Add the fruit juice, cool, strain, add the grated rind, and freeze. *New York, N. Y.*

# Hors D'Oeuvres

## ITALIAN CANAPÉ

3 hard-cooked eggs
6 rounds pimiento
6 tablespoonfuls thin mayonnaise
Finely-diced celery

For each individual serving place one-half of a hard-cooked egg, cut crosswise, cut side down on a round pimiento slightly larger than the egg. Pour a tablespoonful of mayonnaise over each serving and sprinkle the whole with finely-diced celery. *San Francisco, Cal.*

## PINEAPPLE COCKTAIL

1 pineapple
1 cupful sugar
½ cupful coconut
½ cupful orange-juice
⅓ cupful grapefruit-juice
⅓ cupful water

Boil the sugar and water together for five minutes, cool, and add the fruit juices. Cut fresh pineapple cylinders, using an apple-corer, put in glasses with the coconut, and cover with the sirup. *Victoria, B. C.*

## PRUNES IN BELGIAN STYLE

12 large prunes
2-ounce package cream cheese
1 or 2 tablespoonfuls cream or milk
Dash cayenne pepper
1 teaspoonful chopped pecans
1 teaspoonful chopped walnuts
1 teaspoonful lemon-juice
1 teaspoonful melted butter
Paprika
Buttered toast

Wash and soak prunes in cold water for several hours, then steam, chill, and remove the pits. Stuff them with the following mixture: Mash the cream cheese with enough cream or milk to soften; add the cayenne pepper, chopped nuts,

lemon-juice and melted butter. If possible the prunes should be pitted through the pointed end and not through the sides; they are then filled from the top and placed upright on tiny strips of buttered toast, two prunes to a serving. Let the filling protrude from the top of the prunes and sprinkle with paprika.

*Beechwood Park, Pa.*

## RUSSIAN ROSETTES

6 slices cooked beets
French dressing
White lettuce leaves
6 gherkins
1 hard-cooked egg-yolk

Have beets sliced uniform in size and thickness. Marinate them in French dressing for half an hour. Then drain them well and place each on small white lettuce leaves on a tiny plate. Select very small gherkins and cut them in slices lengthwise and arrange them on the beet slices with the ends radiating from the center. Squeeze a little pounded yolk of hard-cooked egg through the pastry tube into the very center of the rosette, for decoration.

*Beechwood Park, Pa.*

## SARDINE CANAPÉS

1 small box sardines
2 hard-cooked eggs
1 tablespoonful butter
1 teaspoonful lemon-juice
⅛ teaspoonful salt
⅛ teaspoonful pepper
Dash cayenne pepper
1 green pepper
1 pimiento
Rounds of bread

Cut stale bread into rounds a little larger than a silver dollar, sauté these lightly to a delicate brown, and set them aside to cool. Remove the skins and bones from the sardines and to the flesh minced, add the yolks of the hard-cooked eggs forced through a sieve, the butter melted, the lemon-juice and seasonings. Spread smoothly on the rounds of bread. Chop the whites of the eggs fine. Prepare the pepper by freeing it from seeds and white skin, then chopping it very fine. Cut the pimiento into long, thin strips; with these divide the little canapés into quarters. Fill two diagonal quarters with the chopped egg-whites and the other two with the chopped green pepper. Serve on tiny plates.

*Beechwood Park, Pa.*

## SARDINES À LA TARTARE

6 sardines
6 strips bread
Tartare sauce
Capers
Pimiento

Skin the sardines and remove the backbones. Cut strips of bread the same size and shape of the sardines and fry them a golden brown. When cool, arrange the fish on these croûtons, coat them with the sauce and garnish with capers and bits of pimiento. *Beechwood Park, Pa.*

## SMOKED BEEF TONGUE CANAPÉS

6 rounds bread
1 tablespoonful butter
¼ teaspoonful mustard
⅛ teaspoonful paprika
6 slices beef tongue
6 slices pickle

Cut the bread in rounds with a small scalloped cutter and sauté a delicate brown. Rub the butter, mustard and paprika to a smooth paste. Spread the prepared bread with this mixture. Cut the tongue with the scalloped cutter and place on the mustard butter. Arrange a cross-cut segment of pickle on the tongue and serve. *Beechwood Park, Pa.*

## STUFFED CUCUMBERS

1 long cucumber
French dressing
2 boned sardines
2 hard-cooked egg-yolks
1 tablespoonful butter
Sprig parsley
Pimiento stars

Without paring, cut the cucumber crosswise into pieces about one and one-half inches in length. Then cut away strips of peel horizontally all around the cucumber slices, leaving a striped green and white effect. Now scoop out the centers of the cucumber slices to form cups, place in a marinade of French dressing, and let stand in the refrigerator for an hour. Meanwhile, chop the pulp very fine. Chop the egg-yolks, add the butter, sardines, and parsley minced. Mix well and add the cucumber pulp at the last moment. Fill the cucumber cups with the mixture piled high in the centers, and top with a star of pimiento. *Beechwood Park, Pa.*

## SUMMER CANAPÉ

1 slice raw tomato
¼ teaspoonful chopped chives
½ hard-cooked egg
Well-seasoned French dressing

The egg should be sliced lengthwise. Put the sliced side down on the tomato, pour over the French dressing, and sprinkle with chives. This makes an individual serving.

*New York, N. Y.*

## TOMATO BASKETS WITH ASPARAGUS TIPS

3 small even-sized ripe tomatoes
Sauce Vinaigrette
1 can green asparagus tips
French dressing
Parsley or lettuce

Scald the skin of the tomatoes and place on the ice to become firm. In an hour, cut them in halves crosswise and remove a thin slice from the bottom of each so that it will stand erect and firm. Then place the tomatoes in a marinade of French dressing made with tarragon vinegar and oil and highly seasoned. Return them to the refrigerator. Meantime, prepare the asparagus tips. Freshly cooked ones may be used, as preferred. Cut the tips to a length of an inch and a half and place them in French dressing for a few minutes. Just before serving, pierce the cut side of the tomatoes and place the tips in an upright position in them, cover the tops of the tomatoes between the tips with Sauce Vinaigrette, and serve cold on a bed of parsley or white heart leaves of lettuce.

*Beechwood Park, Pa.*

# Jams, Jellies, and Marmalades

## CARROT MARMALADE

3 pounds carrots  6 cupfuls sugar  5 large lemons

Wash and scrape the carrots; cut them in dice and cook in boiling water until tender. Let the water cook down as much as possible; drain, saving the liquor, which should not be more than one-half to one cupful. Pare thinly the yellow rind from the lemons and put it and the carrots through the food-chopper. To this mixture add the carrot liquor, the sugar and the juice of the lemons. Cook, stirring frequently until the mixture is the consistency of any marmalade—about forty-five minutes. Pour into sterilized glasses and cover with paraffin when cold. *Concord, Mass.*

## CRANBERRY CONSERVE

1 quart cranberries  3 oranges
Sugar  1 cupful seeded raisins

Cook the cranberries in barely enough water to float them. When all the berries are broken and the fruit has cooked to a mush, measure the mixture and add an equal amount of sugar, the pulp and grated rind of the oranges and the raisins. Simmer the conserve until very thick, then pour into clean, hot, sterilized glasses. *Concord, Mass.*

## FOUR-FRUIT MARMALADE

1 orange  1 grapefruit
1 lemon  1 apple
Sugar

Choose in each case good-sized fruit. Wash the fruit, pare the apple, and cut in halves the orange, lemon, and grapefruit. Squeeze the juice from the orange and lemon. Remove

the seeds from the grapefruit and take out the pulp with a spoon; remove the center core and tough partitions from the grapefruit and put the orange, lemon, and grapefruit skins and the apple through the food-chopper. Combine with the fruit juices and measure. Allow three times the measure of water, combine, and let stand overnight. Next morning boil one hour. Let stand until the next day, then cook with an equal measure of sugar, added hot, about one hour or until of the right consistency. Pour into sterilized glasses and seal when set. *Concord, Mass.*

## GINGER PEARS

4 pounds sliced pears
3 pounds sugar
2 ounces green ginger root
2 lemons

Select hard green pears; pare and slice them very thin. Scrape and cut the ginger root into tiny pieces, and squeeze a little lemon-juice over it. Cover the pears with the sugar and let them stand for several hours. Then place them over a slow fire and simmer, add the ginger root and the juice and grated rind of the lemons. When clear and very thick, remove from the fire and pour into sterilized jars; seal hot. The pear slices should remain distinct and unbroken, but should be almost transparent. *Beechwood Park, Pa.*

## GOOSEBERRY BAR-LE-DUC

6 pounds gooseberries 1 pint vinegar 9 pounds sugar

Select gooseberries which are just turning color and "head and tail" them. Combine with half the sugar and the vinegar. Cook twenty minutes and add the rest of the sugar. Continue the cooking for about forty-five minutes or until the bar-le-duc is of a sirupy consistency. Put into hot, sterilized glasses, allow to stand covered in the sun until thoroughly set, then cover with paraffin. *Concord, Mass.*

## GREEN TOMATO PRESERVE

5 quarts green tomatoes 5 lemons 10 cupfuls sugar

Wash and slice the tomatoes before measuring. Slice the lemons very thin. In a bowl place the tomatoes, lemons, and sugar in layers. Let stand overnight. In the morning cook

slowly until the tomatoes are tender and the mixture thickened. The time required will be about two hours. This recipe will fill ten half-pint jars. *Lawrence, Mass.*

## HARLEQUIN CONSERVE

25 yellow peaches
1 pound white grapes
10 red plums
1 pineapple
1 orange
¼ pound blanched almonds
Sugar

Wash all the fruit thoroughly. Pare the peaches, plums, and pineapple and cut all into small pieces. Halve the grapes and remove the seeds, using a small pointed knife for the purpose. Slice the orange as thin as possible without removing the peel, and cook all the fruit together over a slow fire until soft and well blended. Measure, and allow three-fourths of a cupful of sugar to each cupful of fruit. Cook very gently for twenty minutes, then add the almonds, chopped, and continue cooking very slowly, stirring occasionally until the conserve is thick and clear; this will require two hours or longer. Pour into sterilized glasses and seal when cool. *Beechwood Park, Pa.*

## MINT JELLY

1 peck apples
Bunch mint leaves
Sugar
Green coloring

Cut up the apples, first washing and removing the blossom end. Do not pare or core. Just cover with cold water and boil to a mush. Drain through a jelly bag and allow to stand overnight. Next day measure the juice and bring to the boiling point. Boil hard for twenty minutes, skimming frequently. Allow three-fourths measure of sugar to the original measure of juice, heat, and add to the juice. Again bring to the boiling point, and boil five minutes. Wash the mint and bruise some of the leaves slightly, by pressing between the fingers. Hold mint in hand and pass it through and through the apple sirup, until the mint flavor is obtained. This process takes the last three minutes of the cooking. Add a bit of vegetable green coloring paste. Pour into sterilized glasses and allow to set thoroughly before covering with paraffin. *Concord, Mass.*

## ORANGE AND QUINCE CONSERVE

7 pounds quinces
3 quarts water
8 oranges
9 pounds sugar

Pare and core the quinces and boil the skins and cores in the water until tender, then strain through a jelly bag. To this juice add the quinces chopped fine and the rind of two oranges, also chopped fine. Simmer until the quinces are tender, then add the sugar heated slightly and the juice from the oranges. Simmer two hours or until the mixture will jelly when dropped on a cold plate. Pour into clean, hot, sterilized glasses. Seal when cold. *Concord, Mass.*

## ORANGE MARMALADE

3 whole oranges
Water
Juice 3 lemons
Sugar

Wash, slice paper-thin, and cut in pieces the oranges. Add the lemon-juice. Measure the juice and pulp, then add an equal quantity of cold water. Let stand uncovered for twenty-four hours. Boil uncovered for one hour; again let stand twenty-four hours. Add an equal quantity of sugar and boil till jelly is formed. Turn into hot, sterilized glasses. This makes from eight to ten glasses of mild, clear jelly with the fruit suspended in it. *Monrovia, Cal.*

## PEACH AND ORANGE MARMALADE

24 peaches 4 oranges 3½ pounds sugar

Peel the peaches, remove the stones, and cut them in thin slices. Wash and peel the oranges, cut the skins into thin strips, and the oranges themselves into small pieces. Combine all and add the sugar. Let stand covered overnight. In the morning bring the mixture gradually to the boiling point and simmer gently until thick and the consistency of marmalade—about two hours. Pour into clean, hot sterilized glasses. *New Rochelle, N. Y.*

## PLUM CONSERVE

6 pounds plums
6 pounds sugar
2 pounds seedless raisins
1 pound walnut-meats
4 oranges

Pit the plums and cut into quarters, add the sugar, raisins, and oranges, the latter having been put through the food-chopper. Simmer for two and one-half hours, adding at the end of two hours the walnuts chopped coarsely. The mixture should be jelly-like in consistency when done. Pour into hot, sterilized jars; paraffin when cold and set.

*Concord, Mass.*

## RED PEPPER JAM

12 large red sweet peppers
1 tablespoonful salt
1 pint vinegar
3 cupfuls sugar

Remove the seeds from the peppers and put through a chopper, using the medium knife. Sprinkle with salt and let stand three or four hours. Drain, put in a kettle, and add the vinegar and sugar. Boil gently until the consistency of jam—about one hour. Pour into sterilized glasses and when cold cover with paraffin. This makes six glasses.

*Brookline, Mass.*

## RUTH'S RHUBARB MARMALADE

1 lemon
2 oranges
4 pounds rhubarb
1 pound seedless raisins
3 pounds sugar

Remove the juice from the lemon and oranges and combine with the rhubarb, cut into small pieces. Chop the rind of the lemon and oranges, and the seedless raisins fine, and add to the rhubarb. Mix all and let stand one-half hour. Add the sugar, bring to a boil, and simmer one hour, stirring very frequently. When the mixture becomes thick, pour into hot, wet, sterilized glasses and allow to stand until cool. When dry, cover with paraffin.

*Concord, Mass.*

## SLIPPED GRAPES WITH ORANGES

1 quart wild grapes
Skins 2 oranges
Sugar

Put the skins of the oranges through a food-chopper, measure, add three times as much cold water, and let stand overnight. The next day simmer for two hours and again let stand overnight. Slip the grapes separating the pulp from the skins and adding all small or unripe ones to the pulp.

Simmer the pulp and skins separately for fifteen minutes, then sift the pulp through a fruit press, add to the grape skins and simmer fifteen minutes longer. Combine with the chopped orange skins, and to every three cupfuls of this mixture, add two and one-half cupfuls of sugar, and simmer until it jellies when a small amount is tried on a cool plate. Pour into small sterilized glasses and seal when cool.

*Redding, Conn.*

## STRAWBERRY JELLY

4 cupfuls strawberries 4 cupfuls sugar
3 tablespoonfuls lemon-juice

Wash and hull the strawberries. Add the sugar, heated, and place over a slow fire until enough juice is drawn out to prevent burning. Add the lemon-juice, strained, and allow the mixture to simmer gently, skimming frequently until a very little dropped on a cold plate will jelly. Pour into hot, sterilized glasses and when thoroughly dry and cool, cover with hot paraffin.

## WHITE GRAPE CONSERVE

White grapes Sugar

Wash and cut the grapes into small pieces without removing the seeds. Cook without adding water until very soft. Press through a sieve and simmer the pulp for fifteen minutes. Add one and one-half cupfuls of sugar for each pint of juice, and cook until clear and of a pale green. Pour into small sterilized glasses and seal when cold. *Beechwood Park, Pa.*

# Meat

## ARABIAN STEW

6 lean pork chops
6 tablespoonfuls raw rice
1 large onion
3 cupfuls hot water
2 tomatoes
1 green pepper
⅛ teaspoonful pepper
3 teaspoonfuls salt

Sear the chops on both sides in a hot frying-pan, then remove to a casserole. On each chop place one tablespoonful of rice, a slice of onion, a slice of tomato (or the equivalent in stewed tomatoes), and two strips of green pepper. Sprinkle over all the salt and pepper. Add the hot water, cover, and bake from three to four hours in an oven registering 350° F.

*Good Housekeeping Institute*

## BACONIZED MEAT BALLS

4 thin slices bacon
1 cupful cracker crumbs
½ cupful hot water
1 pound ground round steak
1 egg
1 teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful onion salt
⅛ teaspoonful celery salt
¼ teaspoonful thyme
¼ teaspoonful sage
¼ teaspoonful allspice
2 tablespoonfuls flour

Cut the bacon into small cubes and sauté until crisp. Add the cracker crumbs, stirring thoroughly until well mixed. Then add the hot water and stir again. Turn into a mixing bowl and add the ground steak, the egg slightly beaten, the salt, pepper, onion salt, celery salt, thyme, sage and allspice. Mix well, form into balls, and roll in flour. Sauté well on all sides in hot fat and serve with a gravy made from the juices in the pan. This same mixture may be formed into a loaf and baked in a 400° F. oven.

*Berkeley, Cal.*

## BAKED APPLES STUFFED WITH SAUSAGES

6 good-sized tart apples
1 cupful cooked sausage meat

Scoop out the centers of the apples, leaving a thick shell, and cut all the pulp possible from the core. Chop this and mix with the sausage meat. Refill the apples with this mixture, heaping the filling, and bake in a 400° F. oven until the apples are tender. Serve with baked or fried potatoes for luncheon or supper, or as a garnish to roast chicken or pork.

*Concord, Mass.*

## BAKED LIVER WITH VEGETABLES

2 pounds beef liver
1 large onion, sliced
1 tablespoonful drippings
1 cupful stewed tomatoes
½ cupful hot water
3 slices bacon
12 small potatoes
¼ cupful flour
2 cupfuls celery, diced
1 teaspoonful salt
⅛ teaspoonful pepper

Heat the drippings in a pan that has a tight cover. Add to this the onion and the celery. Cook slightly. Dredge the liver, which should not be sliced, with a little of the flour and lay in the pan. Arrange the bacon over the top, add the hot water and the salt, and bake, covered, in a 450° F. oven for one-half hour. Then put in the potatoes, pared and halved. Recover and bake until the potatoes are done; remove lid and brown the bacon. Dish the meat and vegetables, add to the liquid in the pan the rest of the flour, stir until smooth, and add the tomatoes. Season with pepper and more salt, if needed. Serve the sauce in a separate dish.

*Cedar Rapids, Ia.*

## BEEF BRAINS À LA MACOLA

2 pairs beef brains
Few peppercorns
1 tablespoonful vinegar
1 bay-leaf
2 small onions
2 tablespoonfuls olive oil
1 clove garlic
2 teaspoonfuls salt
2 cupfuls canned tomatoes
½ sweet green pepper
4 tablespoonfuls flour
1 cupful hot water
Toast

Soak the brains in cold water for one hour; remove all the membrane, and parboil for twenty minutes in boiling water to cover with the peppercorns, vinegar, bay-leaf, one onion sliced, and one-half teaspoonful salt. Then drain; when cold, drain again. Meanwhile heat the oil in a saucepan, add one onion, the garlic and sweet pepper all chopped fine and cook until the onion is golden brown, then add the flour; and then tomatoes. Bring to a boil, add the water and one and one-half teaspoonfuls of salt. To this sauce add the brains cut up in small pieces. Let boil up well and serve on toast.

*Porterville, Cal.*

## BEEF KIDNEY, CREOLE STYLE

1 beef kidney
1 thick slice bacon
2 tablespoonfuls chopped suet
4 tablespoonfuls flour
1 sweet pepper
1 pint canned tomatoes
1 teaspoonful salt
⅛ teaspoonful cayenne pepper
⅛ teaspoonful curry powder
Buttered toast fingers
4 onions

Trim the fat from a fresh kidney and cut in three-quarter-inch slices. Dredge with the flour. Try out the chopped bacon and suet in a deep saucepan, add the kidney, chopped onions, and pepper, and toss and turn until the meat is thoroughly seared and coated with a rich brown gravy. Then add the tomatoes and seasonings, cover closely and simmer three-quarters of an hour. Serve very hot, on fingers of buttered bread crisped in the oven. *Redding, Conn.*

## BEEF LOAF

2 pounds ground round steak
¾ cupful white rolled oats
1 dozen ripe olives, chopped
½ small white onion, chopped
2 cupfuls canned tomatoes
3 teaspoonfuls salt
¼ teaspoonful pepper

Mix in the order given, season with salt and pepper, and bake in a 400° F. oven for one hour in a bread pan. Remove loaf from pan and make a gravy from the liquor.

*San Francisco, Cal.*

## BEEF LOAF WITH RICE

1 pound round steak ground
1 minced onion
1 cupful water
2 cupfuls cold boiled rice
1 cupful stewed tomatoes
1 green pepper, minced
1 teaspoonful cornstarch
½ tablespoonful margarin
¼ teaspoonful celery salt
Salt
Pepper

Mix together the beef, onion, water, chopped green pepper, one and one-half teaspoonfuls of salt, and one-fourth teaspoonful of pepper. Bake fifteen minutes at 400° F. in a loaf pan. Then spread rice on top and dot over with bits of margarin. Bake about three-quarters of an hour longer. Turn out on a platter and surround with a sauce made by cooking the tomatoes with the celery salt, one-eighth teaspoonful of pepper, and one-fourth teaspoonful of salt. Thicken with the cornstarch mixed in a little cold water. Celery-seed may be used in place of the celery salt, if desired.

*E. Orange, N. J.*

## BREAKFAST BACON

5 ounces bacon cut in strips
4 large baking apples
1 teaspoonful sugar
⅛ teaspoonful pepper
½ cupful cornmeal

Sauté bacon until crisp, remove to hot platter. Slice apples, dust in cornmeal and sauté in bacon fat. Arrange on platter surrounded with bacon, sprinkle with sugar and serve immediately.

*Philadelphia, Pa.*

## BROILED HAMBURG STEAK

1½ pounds ground beef
1⅛ teaspoonfuls salt
¼ teaspoonful black pepper
1 tablespoonful butter
1 tablespoonful minced parsley
1 tablespoonful lemon-juice
Few grains paprika

Select round or flank steak and have it ground with two ounces of suet. Season with one teaspoonful of salt and the pepper. Mix it well, then place it on a meat board and gently and lightly form it into an oblong cake about an inch thick. Heat the broiler very hot and rub it over well with a piece of suet, then place the meat cake on the hot bars and broil for twelve minutes, turning once, using a broad spatula or pan-

cake turner. Serve the steak on a hot platter with *maître d'hôtel* butter rubbed over it. To make this butter, blend together the butter, parsley, and lemon-juice, adding the latter gradually, and season with one-eighth teaspoonful of salt and the paprika. Accompany with French fried potatoes.

*Beechwood Park, Pa.*

## CABBAGE ROLLS

1 small cabbage
1 pound ground steak
1 onion, minced
1 cupful raw rice
1½ teaspoonfuls salt
1 egg
1 teaspoonful cinnamon

Boil the cabbage in salted water until the leaves are soft enough to roll without breaking. Drain, and when cool enough to handle, cut the leaves into squares of about six inches. Mix the steak, rice, onion, cinnamon, salt, and egg beaten in a mixing bowl. Put a heaping teaspoonful of the mixture on each square of cabbage and roll into rolls as nearly finger thickness as is possible. Have ready a large kettle of boiling salted water and put into it a colander or some similar device for keeping the rolls off the bottom of the kettle, as they burn easily. Lay the rolls carefully in the colander; have water enough in the kettle to cover them. Cover and boil gently for forty-five minutes or until the rice is done. Serve with drawn butter sauce. If the flavor of cinnamon is not liked, omit and add one-fourth teaspoonful of pepper.

*Syracuse, N. Y.*

## CASSEROLE CHICKEN (FIRELESS)

1 fowl
Flour
Salt
Pepper
¼ pound salt pork
1 quart milk

Cut up the fowl and roll each piece in flour well seasoned with salt and pepper. Unless the fowl is very fat, add the salt pork cut in tiny cubes. Arrange in a deep casserole and cover with the milk scalded. Heat a soapstone radiator to 450° F. Place the casserole on top of the radiator in the fireless cooker and bake for five hours. Reheat before serving.

*Concord, Mass.*

## CHICKEN GELATIN

2 cupfuls cooked diced chicken
2 tablespoonfuls granulated gelatin
2 cupfuls boiling chicken stock
¼ teaspoonful pepper
¼ teaspoonful celery salt
¼ teaspoonful paprika
Salt
1 hard-cooked egg
Stuffed olives
Lettuce or watercress
Mayonnaise
½ cupful cold water

Soak the gelatin in the cold water until softened. Then dissolve it in the boiling chicken stock and add the pepper, celery salt, paprika, and salt, if sufficient was not added when the chicken was cooked. Stir well and cool. When beginning to set, add the chicken meat. Pour into wet individual molds in the bottom of which are slices of hard-cooked egg in rings of slices cut from stuffed olives. Chill thoroughly and garnish with watercress or lettuce and mayonnaise.

*Good Housekeeping Institute.*

## CHICKEN LIVER ENTRÉE

3 chicken livers
1 tablespoonful butter or margarin
½ teaspoonful dry mustard
Few grains cayenne pepper
¼ teaspoonful salt
6 thin slices bacon
6 rounds sautéd bread
Parsley garnish

Wash the livers, cut them in halves, and wipe them dry. Mix the butter and mustard to a cream; add the cayenne pepper and the salt. Spread the mixture over the livers and wrap each in a wafer-like slice of bacon. Broil quickly or cook in a hot skillet, turning often. Serve on rounds of sautéd bread or buttered toast. Garnish with sprigs of fried or fresh parsley. Pickled walnuts or gherkins are tasty accompaniments for this savory dish. *Beechwood Park, Pa.*

## CHICKEN AND RICE WITH GOLDEN SAUCE

1 fowl
1 cupful milk
1 cupful chicken broth
2 tablespoonfuls butter
2 tablespoonfuls flour
Salt
¼ teaspoonful pepper
1 egg-yolk
1 teaspoonful lemon-juice
1 cupful rice
Minced parsley

Cook a fowl until very tender and cut into neat attractive servings, rather small, using only the white meat for this dish if you wish it particularly delicate in appearance. Meanwhile, prepare the Golden Sauce as follows: Melt the butter, add the flour and when bubbling, stir in milk and chicken broth gradually. Cook until smooth and thickened, stirring constantly. Add the pepper and salt as needed, this depending upon the seasoning in the stock. Just before removing from the fire, add the egg-yolk beaten and the lemon-juice, stirring rapidly. Reheat the chicken in a little of the sauce placed in a double-boiler. Arrange it on a hot deep platter or chop plate, and surround with a ring of the rice cooked until tender and flaky in plenty of boiling salted water. Pour more of the sauce over the chicken and serve with minced parsley sprinkled over the rice. *Concord, Mass.*

## CHIPPED BEEF IN BROWN GRAVY

2 cupfuls chipped beef
2 tablespoonfuls butter
2 tablespoonfuls flour
¾ cupful cold water
Salt
½ teaspoonful beef extract or 1 bouillon cube
3 drops kitchen bouquet
Pepper

Shred the beef, pour boiling water over it, and let stand five minutes; drain thoroughly. Melt the butter, browning it slightly, blend with it the flour, and when bubbling add the water gradually. Cook until smooth, stirring constantly. Place over hot water; add the beef extract or bouillon cube and the kitchen bouquet. Add salt and pepper to taste. If the bouillon cube is used, little additional seasoning is necessary. Then stir in the prepared beef. Serve with hot baked potatoes. Left-over meat gravy may be utilized in preparing this dish. *Cambridge, Mass.*

## CREOLE MEAT LOAF

1½ pounds chopped beef
1 small onion
1 large green pepper
2 small tart pickles
1 pimiento
1¼ teaspoonfuls salt
¼ teaspoonful pepper
¼ teaspoonful paprika
6 small slices bacon
Strained tomato-juice

Mix the chopped beef with the onion chopped, the green pepper freed from seeds and chopped rather fine, and the pickles cut in small pieces. Season with the salt, pepper, and paprika. Grease a loaf pan and place half the mixture in it, pressing it down well. Then cut the pimiento in long thin strips and arrange over the meat, place the rest of the meat over the pimiento, and bake at 450° F. for thirty-five minutes. Ten minutes before removing from the oven, place the bacon strips across the top and permit them to bake until crisp. Serve the meat loaf with the bacon as a garnish and make a gravy of the fat in the pan in the usual way, only substituting strained tomato juice for the usual water.

*Beechwood Park, Pa.*

## CROWN ROAST OF PORK

12 ribs pork
2 cupfuls dry bread crumbs
¼ cupful walnut-meats
Salt
Pepper
½ teaspoonful summer savory
12 small white onions
4 tablespoonfuls flour
2 tablespoonfuls chopped tart pickles
Paprika

Six ribs from each side of a rack of pork are required for this dish, and each rib should be trimmed in the same way that lamb chops are cut when Frenched, only the ribs are not separated. Then the sections of meat are turned so that the bones are on the outside, and fastened together in a circle with skewers and string. Next make a stuffing. Soak the bread-crumbs in cold water and squeeze dry. Mix with the walnut-meats chopped, one and one-half teaspoonfuls of salt, one-fourth teaspoonful of pepper, one-fourth teaspoonful of paprika and the summer savory. Place the stuffing in the center of the roast and cover the ends of the bones with greased papers to prevent their browning too soon. Put the meat in a 500° F. oven and cook for thirty minutes. Then lower the heat to 450° F. and finish the roasting. Two hours should be given the roast—perhaps a little longer if it is very meaty, for it must be well done—and during the roasting process it must be basted frequently with the dripping in the pan, to which a cupful of boiling water was added after the roast was nicely seared. Sprinkle the meat lightly with salt

and pepper one-half hour before removing it from the oven. Parboil the onions in slightly salted boiling water and place one on the end of each rib in place of the paper covering, about ten minutes before the roast is done. Baste with the drippings so that they will take on an alluring brown. Accompany the roast with a gravy made from the drippings in the pan, the flour, sufficient boiling water to make the sauce of the correct consistency, the finely chopped pickle, with salt, pepper, and paprika to taste. *Beechwood Park, Pa.*

## CURRIED LAMB WITH MACARONI

1 pound lamb or mutton, cut in small pieces
½ pound macaroni
2 cupfuls milk
2 tablespoonfuls margarin
2 tablespoonfuls flour
2 tablespoonfuls curry-powder
1 teaspoonful salt
¼ teaspoonful pepper

Order lamb as for stewing, brown it in a hot skillet, add a small amount of hot water, and cook until tender. Cook macaroni in boiling salted water till tender, drain, and pour cold water through it. In a saucepan melt the margarin, add the flour, curry-powder, salt, and pepper, and blend thoroughly. Add the milk gradually, stirring constantly; cook until a slightly thickened smooth sauce results. Into a greased casserole put a layer of macaroni, then a layer of lamb and curry sauce. Repeat till all is used. Cover and bake in a 350° F. oven about one hour. *So. Pasadena, Cal.*

## DELICIOUS FLANK STEAK

1 flank steak
3 tablespoonfuls cooking oil
1 bay-leaf
1 clove garlic
2 teaspoonfuls salt
2 tablespoonfuls minced celery
⅜ teaspoonful pepper
2 tablespoonfuls minced carrots
2 tablespoonfuls minced green pepper
2 cupfuls hot water
6 medium-sized potatoes
1 tablespoonful flour

Pound the meat and rub the oil into it. Sear quickly in a hot skillet. Place in a casserole together with all the other ingredients except the last two. Pour the hot water into the skillet and then over the meat. Cover and cook in a 350° F.

oven for two and a half hours. The last half-hour add the potatoes pared and quartered. Thicken the gravy with the flour mixed with a little cold water. *Chicago, Ill.*

## DEVILED TONGUE MOLD

1 pound cold boiled smoked tongue
2 hard-cooked eggs
2 tablespoonfuls granulated gelatin
1 tablespoonful mustard pickle
1 large sour or dill pickle
1 tablespoonful prepared mustard
3 tablespoonfuls mayonnaise
2 tablespoonfuls cold water
2 cupfuls boiling water

Add the tongue chopped coarsely to the eggs, pickle, and mustard pickle chopped. Add the mustard and mayonnaise. Meanwhile soak the gelatin in the cold water for five minutes and dissolve it in the hot water. Cool and when the gelatin begins to stiffen stir into it the tongue mixture and pour all into a cold, wet mold. Let harden in a cold place and serve garnished with parsley or lettuce. If just a sandwich filling is desired, omit the gelatin mixture. *Pittsburgh, Pa.*

## ESCALLOPED CELERY WITH CHICKEN

2 cupfuls prepared celery
1 cupful diced canned chicken
3 tablespoonfuls chopped pimientos
3 tablespoonfuls butter
2 tablespoonfuls flour
¼ cupful milk
½ cupful cream
½ cupful celery water
1¾ teaspoonful salt
⅛ teaspoonful pepper
½ cupful dried crumbs

Wash, scrape, and cut the outer pieces of celery in inch lengths, cover with boiling water to which one teaspoonful of salt has been added, and cook twenty minutes. Drain, reserving one-half cupful of the water. To the cooked celery add the chicken and the pimientos; place in a buttered baking-dish and cover with white sauce made as follows: Melt in a saucepan two tablespoonfuls of the butter, add the flour, three-fourths teaspoonful of salt, and the pepper, and cook until bubbling. Pour in the cream, celery water, and milk gradually, stirring constantly. Cook until smooth and thickened. Cover with crumbs, dot over with the rest of the butter, and bake fifteen minutes at 500° F. This recipe is intended to serve four persons. *Minneapolis, Minn.*

## FILIPINO ROAST

1½ pounds ground round steak
½ pound ground fresh lean pork
1 green pepper
1½ teaspoonfuls salt
¼ teaspoonful pepper
1 small onion
1 cupful soft bread-crumbs
1 egg
3 thin slices bacon
2 cupfuls canned tomatoes

Combine the ground steak, ground pork, onion and green pepper chopped fine, bread-crumbs, salt, pepper, and egg slightly beaten, and mix thoroughly. Form into a roll and place in a roasting pan. Lay the bacon over the top and pour the tomatoes over and around the roll. Bake at 400° F. for one and one-half hours, basting frequently with the tomatoes. Fifteen minutes before removing from the oven raise the slices of bacon so that they may become crisp and golden brown. Remove the roll to a hot platter and serve with a gravy made from the juices in the pan.

*Concord Junction, Mass.*

## FLANK STEAK WITH TOMATO SAUTÉ

1 slice flank or round steak
2 tablespoonfuls fat
1 small onion, minced
3 tablespoonfuls flour
6 medium tomatoes
1 tablespoonful margarin
1 tablespoonful minced green pepper
¼ cupful milk

Have the steak well pounded—the market man will do this for you—and rub both sides with as much flour as it will take up. Heat the fat in a skillet, and when very hot put in the meat and cook until done, turning often. Remove to a hot platter. Slice the tomatoes without peeling about one-quarter inch thick, dip in flour, and sauté in the fat in which the steak was cooked, turning carefully. Arrange around the meat. Add the margarin to the fat left in the pan, and when bubbling add the onion and the chopped green pepper. Cook until soft, being careful not to burn, and add the milk. Boil up and pour over the meat and tomatoes. Serve with mashed potatoes, boiled rice, or plain boiled macaroni.

*Cedar Rapids, Ia.*

## FRIED CHICKEN

1 young chicken—1½ pounds
Salt
Pepper
Sugar
Flour
Fat
Lemon slices
1 cupful cream or rich milk
Parsley

Wash and cut up the chicken. Sprinkle with salt and keep in a cool place several hours. Then pepper each piece lightly and roll in flour. Have the skillet half full of hot fat. Put in the chicken, cook for a few minutes over a hot fire, then cover the skillet and reduce the heat a little and cook slowly until tender, turning the chicken, when a golden brown, to the other side. Serve on a hot platter garnished with thin slices of lemon and sprigs of parsley. Accompany with gravy made as follows: Pour off nearly all the hot fat remaining in the skillet, add one tablespoonful of flour, stir until blended, and add gradually the cream or milk. Season with one-half teaspoonful of salt and one-eighth teaspoonful each of pepper and sugar. Let it boil up and serve. If the liver is floured and placed in the back of the chicken, it will cook with less popping of grease. *Brooklyn, N. Y.*

## GENUINE VIRGINIA BAKED HAM

1 small, rather lean ham
6 cloves
½ teaspoonful celery seed
2 tablespoonfuls sugar
Boiling water
1 egg, beaten
10 peppercorns
½ teaspoonful ground cinnamon
1 quart sweet cider
2 tablespoonfuls bread-crumbs
Celery leaves and curls for garnish
Currant sauce

Select a ham weighing about seven pounds. Wash the ham thoroughly, sprinkle with soda, rubbing it all over the surface, rinse in cold water, and place in a deep kettle, with the cloves, celery-seed, cinnamon, peppercorns and cider. Cover with boiling water and simmer until perfectly tender, four or five hours. Take from the kettle, remove the skin, and sprinkle the ham with sugar. Brush over with beaten egg, cover with ground bread-crumbs, stick in cloves at even intervals, and brown in a 550° F. oven. Trim the meat from the bone end, and decorate the latter with celery leaves and curls. Serve with currant sauce. The fireless cooker may be used for this recipe. This recipe, of course, furnishes the meat for several meals. *Ogden, Utah.*

## HAMBURG ROLL

2 pounds ground round steak
½ cupful soft bread-crumbs
1 egg
1¾ teaspoonfuls salt
⅛ teaspoonful pepper
1 teaspoonful sage
2 medium onions
1 cupful canned tomatoes
1½ cupfuls bread flour
1½ teaspoonfuls baking-powder
2 tablespoonfuls shortening
About ½ cupful milk

To the ground steak add the bread-crumbs, the egg slightly beaten, one and one-half teaspoonfuls of salt, the pepper, and sage. Mix well, form into a long, narrow roll, and place in a roasting pan. Slice the onions and place around the roll. Pour the tomatoes over the top. Bake at 450° F. for twenty minutes. Meanwhile sift together the flour, baking-powder, and one-fourth teaspoonful of salt; work in the shortening thoroughly and add the milk gradually, mixing to a soft dough. Roll out into oblong shape and completely wrap around the meat loaf. Return to the oven and bake at 450° F. for twelve minutes or until the dough is thoroughly baked and golden brown. Serve in slices with a gravy made from the juices in the pan.

*Leonia, N. J.*

## MEAT PANCAKE ROLLS

1 tablespoonful fat
½ onion
1 cupful cooked meat
2 tablespoonfuls gravy
2 eggs
½ cupful flour
½ cupful milk
½ teaspoonful salt

To make the filling, brown the onion chopped fine in the fat, add the meat coarsely chopped and the gravy. Cook together until warm and thick. For the pancake mixture beat the eggs until light, add the flour, salt, and milk. Beat with an egg-beater. For pancakes, use a very small frying pan, grease well, and pour in about two tablespoonfuls of batter, just enough to cover the bottom. When barely set (do not have too hot a heat), slide out of the pan on a plate of fine, dry crumbs. Put a tablespoonful of meat on the edge of the pancake (while hot) and roll up into a cylinder. Grease the pan each time and continue in like manner. These may be kept covered in the refrigerator for several days. When you wish to serve them, brown them in a frying pan.

*Hanover, N. H.*

## MEXICAN LAMB STEW

1 pound neck of lamb
1 tablespoonful drippings
2 tablespoonfuls flour
1 onion chopped
3 tomatoes chopped
3 green peppers chopped
2 quarts hot water
1 cupful green peas
1 cupful green corn
½ cupful rice
1 tablespoonful salt
¼ teaspoonful pepper
1 egg
1 teaspoonful salad oil
½ teaspoonful vinegar

Roll the lamb, cut in small pieces, in the flour, brown in the drippings with the onion, add the tomatoes and green peppers, fry all together for a few minutes, then add the hot water, salt, and pepper, and simmer for about one hour. Add the peas, corn cut from the cob, and the rice. Cook until the rice is done. When ready to serve, put in the bottom of the serving-dish the egg mixed with the oil and vinegar. Pour the stew over this. *Philadelphia, Pa.*

## MOCK VENISON

Leg of Lamb
Vinegar
¼ teaspoonful ginger
1 onion
6 cloves
10 peppercorns

Purchase a five-pound leg of lamb. Wipe it over with a damp cloth and lay it in a dish of vinegar, adding to it the onion cut small, the peppercorns, cloves, and ginger. Use three or four cupfuls of vinegar. Allow the lamb to remain in the vinegar one day, then turn and leave for a second day. Remove flour, season, and roast in the usual manner.

*Atlantic City, N. J.*

## OVEN BROILED CHICKENS

Broilers
Flour
Salt
Pepper
Butter

Clean and split small chickens and place them in a greased baking pan. Season the chickens and sprinkle lightly with flour; place a small piece of butter on the top of each half and cook quickly in a 500° F. oven—about twenty-five minutes. *San Francisco, Cal.*

## PIGEON PIE

4 pigeons
Salt
Celery salt
Paprika
2 hard-cooked eggs
1 cupful thin cream
2 dozen fresh or dried mushrooms
2 tablespoonfuls margarin
2 tablespoonfuls flour
1 egg
Rich biscuit dough

Clean and split the pigeons and simmer until tender, seasoning, when nearly done, with one teaspoonful of salt, one-half teaspoonful of celery salt, and one-fourth teaspoonful of paprika. Remove the larger bones and arrange in a buttered baking dish, together with the livers and hearts, the hard-cooked eggs quartered lengthwise, and the mushrooms. If fresh ones are used, they should be washed, skinned, and sliced. If dried ones are used, they should be soaked for an hour in warm water. Use the broth, reduced to one pint to make a highly seasoned gravy, thickening it with the margarin and flour blended together and adding more seasoning if needed. Pour this over the birds and cover with a rich biscuit crust—not too thick—cutting a cross in the center and turning back the corners. Bake one-half hour in a 400° F. oven, then pour in the cream, brush over the crust with beaten egg, and bake fifteen minutes longer.

*Redding, Conn.*

## PLANKED HAM WITH BROILED POTATOES AND TOMATOES

1 large slice ham cut 1 in. thick
6 good-sized potatoes
Salt
Pepper
Paprika
Butter or margarin
2 large tomatoes

Heat an oak plank and rub it over with oil or any unsalted fat. Place the ham on the plank and broil on the lowest grate of the broiler oven for fifteen minutes. Remove and turn the cooked side of the ham down on the plank. Pare the potatoes and cut into lengthwise slices of one-half inch thickness. Place these in a colander over hot water or in a steamer and steam ten minutes. Remove the potatoes and place them around the meat on the plank, having them lap over each other. Cut the tomatoes in half-inch slices and

arrange these over the surface of the ham. Sprinkle salt, pepper, and paprika over the potatoes and tomatoes and place a small piece of butter in the center of each slice of both. Return the plank to the lowest possible position in the broiling oven and cook for thirty minutes or until the ham is well cooked, the potatoes golden brown, and the tomatoes tender. Remove and garnish with thin strips of green pepper and radishes cut in fancy shapes.

*Good Housekeeping Institute*

## ROAST CANNELON OF BEEF

1½ pounds ground round steak
Grated rind 1 lemon
1 tablespoonful minced parsley
1¼ teaspoonfuls salt
1 tablespoonful grated onion
1 tablespoonful lemon-juice
¼ teaspoonful ground mace
2 tablespoonfuls melted margarin
¼ teaspoonful pepper
¼ teaspoonful paprika
Few grains cayenne pepper
6 strips bacon
4 large bananas

Mix together thoroughly the ground beef, grated lemon rind, salt, grated onion, mace, margarin, pepper, paprika, and a cautious sprinkling of cayenne pepper. Make into a roll; place in a greased pan and bake at 450° F. for twenty minutes. Then place the bacon strips across the roll and arrange in the pan about it the bananas halved lengthwise. Sprinkle them with a little lemon-juice and bake a delicate brown, about fifteen minutes longer. Serve the roast hot with the bananas about it.

*Beechwood Park, Pa.*

## ROAST CHICKEN, IN CHARLESTON STYLE

1 roasting chicken
1½ cupfuls cornmeal
2 cupfuls boiling water
2 eggs
3 teaspoonfuls salt
1¾ cupfuls milk
1 tablespoonful cooking oil
1 medium onion
1 tablespoonful fat ham
1 teaspoonful thyme
1 teaspoonful sage
¾ teaspoonful pepper

Pick, clean, wash, and dry the chicken. Dust with salt, pepper, and powdered thyme and stuff with the following mixture: Make a corn bread. Pour the boiling water over the cornmeal and let stand until cool. Add one egg, well

beaten, one teaspoonful of salt, the cooking oil, and one cupful of milk. Beat well together and bake in a greased shallow dripping-pan at 400° F. Let cool, crumble, and add the onion minced and cooked in the fat ham cut in tiny dice, one egg, the thyme, sage, pepper, two teaspoonfuls of salt, and three-fourths cupful of milk. Mix well together. Stuff the chicken, truss and roast a delicate brown, having oven heated to 500° F. for first fifteen minutes, 450° F. for the next ten minutes, and then 400° F. for the remainder of an hour.

*Charleston, S. C.*

## ROASTING SUCKING PIG

A sucking pig
Stuffing
2 eggs
Flour
1 cupful cider
Parsley

Order a pig not older than six to eight weeks, cleaned and prepared for roasting. Wash it in cold water and wipe it dry. Make a stuffing as for duck or goose, seasoning it highly and mixing it with the eggs, beaten. Stuff the pig and sew up the opening, bend the legs under, and fasten them securely in place with string or skewers. Dredge it all over with flour, and place in a large pan, then roast in the usual way, browning in a 500° F. oven for thirty minutes, then lowering the temperature to 450° F., and cooking until done, allowing half an hour for each pound. If the skin begins to crack during the last half hour, rub it over with melted drippings to keep it soft and tender. Make the gravy, from part of the fat in the pan, adding the cider to it. Serve the pig on a bed of parsley. Decorate as preferred, the customary garnishing being a lemon in its mouth, cranberry eyes, and a wreath of parsley about its neck. A paper chop frill on the tail gives a droll touch and adds to its attractiveness.

*Beechwood Park, Pa.*

## SAUSAGE TIMBALES

1½ cupfuls spaghetti
1 teaspoonful salt
¼ teaspoonful pepper
Dash cayenne pepper
2 cupfuls sausage meat
1½ teaspoonfuls cornstarch
1⅓ cupfuls milk
2 eggs
Hot tomato sauce

Cook the spaghetti in boiling, salted water until tender. Drain, and pour cold water through it. Add one-half teaspoonful of salt and the pepper. Line buttered timbale molds or custard cups with this mixture and fill with small pieces of cooked sausage. Cover the top of each mold with spaghetti and pour in as much of the following mixture as the molds will take up: Mix the cornstarch with one-third cupful of milk, add the egg-yolks beaten slightly, then add the rest of the milk, one-half teaspoonful of salt and a dash of cayenne pepper. Fold this into the beaten whites of the eggs. Set the molds in a pan of hot water and bake at 350° F. for thirty minutes. Invert and serve with hot tomato sauce.

*Concord, Mass.*

## SAVORY SLICED HAM

1 pound thinly sliced cooked ham
3 teaspoonfuls mustard
¼ teaspoonful pepper
2 tablespoonfuls catchup
Dash cayenne pepper
1 cupful grated American cheese

Mix together thoroughly the mustard, pepper, catchup, and cayenne pepper. Spread the slices of ham with the mustard mixture and place one slice on top of the other with grated cheese between, thus forming a brick-shaped pile. Bake for fifteen minutes in a 350° F. oven. Remove, cool, and chill thoroughly in the refrigerator. Cut down in slices at right angles to the layers. *Good Housekeeping Institute.*

## SCALLOPED HAM AND POTATOES

2 cupfuls stale bread-crumbs
1 cupful cooked, minced ham
2 tablespoonfuls flour
½ teaspoonful salt
1 cupful cooked, diced potatoes
1 cupful milk
2 tablespoonfuls fat
¼ teaspoonful pepper

Melt the fat and add the flour gradually. Cook until it begins to bubble; add the cold milk, a little at a time, stirring constantly until thickened. Add salt and pepper. Add the cooked, diced potatoes. Soak bread-crumbs in water, and squeeze until dry. Into a buttered baking-dish put a layer of bread-crumbs, then alternate with ham, creamed potatoes and bread-crumbs until all are used. Top with bread-crumbs, and brown in a 500° F. oven. *Kingston, N. C.*

## SLICED BEEF IN MUSTARD SAUCE

3 tablespoonfuls butter or margarin
2 medium-sized onions
3 tablespoonfuls flour
1 tablespoonful parsley
Rounds bread
2 cupfuls hot water
1¼ teaspoonfuls salt
¼ teaspoonful pepper
1 teaspoonful prepared mustard
About 12 thinly cut slices roast beef

Melt the butter in a saucepan, and cook in it until yellow the onions finely chopped. Then add the flour and the parsley minced. Stir together until bubbling and add the hot water gradually. Stir constantly until thickened and add the salt, pepper, and prepared mustard. Then drop in the beef and cook just long enough to heat the meat through, not over ten minutes. To serve, arrange the meat on rounds of bread which have been fried in drippings and pour the sauce over all. Serve with plain tossed potatoes. *Paris, France*

## SLICED LAMB WITH ONION SAUCE

Cold sliced lamb
3 large onions
½ tablespoonful Worcestershire sauce
Juice ½ lemon
½ teaspoonful salt
1 tablespoonful margarin
½ teaspoonful curry powder
Speck pepper

Slice onions and lay them in the bottom of a saucepan; add the lemon-juice. Lay the cold lamb, cut in slices, on this bed of onions and cover the saucepan tightly. Cook one hour over a very slow fire. Then add the margarin, rolled in flour, Worcestershire sauce, curry-powder, and seasoning. Cook five minutes longer and serve. This recipe serves four.

*Good Housekeeping Institute*

## SMOTHERED BEEF

6 large onions
1 cupful milk
2 tablespoonfuls margarin
2 tablespoonfuls flour
1 teaspoonful salt
⅛ teaspoonful pepper
6 slices cold roast beef
¼ cupful cracker crumbs

Cook the onions in boiling, salted water until tender. Make a white sauce in the following manner: Melt the margarin, add the flour, and cook until the mixture bubbles. Add the cold milk gradually and cook until smooth and creamy.

Season. Arrange one-half the onions in a layer in a greased baking-dish. Lay on the slices of beef and cover with the remaining onions. Pour the white sauce over all, sprinkle with the crumbs, and bake until brown in a 500° F. oven

*Chicago, Ill.*

## SPANISH LAMB

2 tablespoonfuls margarin
3 small onions
1 green pepper
3 fresh tomatoes
1 cupful cooked diced lamb
1½ cupfuls cooked rice
1¼ teaspoonfuls salt
⅛ teaspoonful pepper

In the blazer of a chafing-dish fry the onions and pepper, chopped, in the margarin for five minutes. Add the tomatoes peeled and cut up. Cook until the sauce is quite thick, then add the lamb, rice, salt and pepper. Heat thoroughly, stirring constantly, and serve hot. Canned tomatoes may be used instead of fresh ones, in which case use one and one-half cupfuls.

*Fall River, Mass.*

## STEWED BEEF HEART AND PRUNES

1 beef heart
1 cupful pitted prunes
1 tablespoonful salt
¼ teaspoonful pepper
About ½ cupful flour

Pour boiling water over beef heart and let stand for ten minutes. Trim off fat and arteries, and cut in pieces for stewing. Dredge with flour and brown in a little fat obtained by trying out some of the fat which was cut off. Place in stew kettle and pour over it enough hot water to cover, add the prunes soaked and pitted, season with the salt and pepper, and stew slowly till tender. Take care that it does not burn. This recipe will serve eight people generously.

*Winona, Minn.*

## STEWED LAMB WITH VEGETABLES

1 pound neck of lamb
1 pound string-beans
2 bunches new carrots
¼ cupful flour
2 tablespoonfuls drippings
2½ teaspoonfuls salt
⅜ teaspoonful pepper

Cut the lamb into small pieces and roll in the flour seasoned with one-half teaspoonful of salt and one-eighth teaspoonful

of pepper. Brown in a stew pan in which the drippings have been melted. Add the string-beans and carrots, both cut small, and cover with boiling water. Add the rest of the seasoning and simmer until tender. Thicken with the rest of the flour the liquid which remains. Serve on a platter with the meat piled in the center and surrounded by the vegetables. This serves four or five persons.

*New York, N. Y.*

## STUFFED STEAK

1½ pounds round steak
3 medium onions
½ cupful minced suet
2 cupfuls stale bread-crumbs
1 egg
½ teaspoonful marjoram
1 teaspoonful sage
1 teaspoonful salt
¼ teaspoonful pepper
½ teaspoonful thyme
Hot water
2 tablespoonfuls drippings
Flour

Select two slices of top round steak, cut a scant half-inch thick. Peel the onions and pour boiling water over them; let stand fifteen minutes, then chop finely. Add to the onions, the suet, bread-crumbs, seasonings, and egg. Mix together well and add sufficient hot water to make moist enough to spread. Lay the steaks flat, spread the bread mixture evenly over both, roll up and skewer, or tie securely. Roll in seasoned flour and sear quickly in a hot frying-pan in which drippings have been melted. Place in a casserole, add one-half cupful of hot water, cover, and cook one hour at 400° F. Remove to a hot platter, take off the skewers or string, and thicken the gravy in the pan.

*N. Vancouver, B. C.*

## TAMALE LOAF

1½ pounds beef chuck or bottom round
3 cupfuls stock
2 cupfuls strained, canned tomatoes
1 large onion
1 teaspoonful chili powder
½ teaspoonful paprika
3 teaspoonfuls salt
1 cupful unstoned ripe olives
1¼ cupfuls cornmeal

Cover the meat with hot water and simmer until tender, replenishing the water if necessary. Put the meat through a grinder, add the stock of which there should be three cupfuls, the tomatoes, the onion chopped fine, the chili powder.

paprika, and salt. Bring to a boil and add the cornmeal gradually, stirring constantly. Cook for one hour. Then add the ripe olives, stoned and cut in small pieces, and pour into greased pans. Mold, reheat in a steamer, and serve hot with a highly-seasoned tomato sauce. *Eugene, Ore.*

## TENDERLOINS OF PORK WITH SWEET POTATOES

6 pork tenderloins
Poultry dressing
Butter
3 tablespoonfuls brown sugar
6 medium sweet potatoes
3 bright red apples

Cut the tenderloins lengthwise, but do not quite separate them. Open and flatten them, and spread with a good poultry dressing seasoned highly with sage and containing more than a suspicion of onion. Put the tenderloins together sandwich fashion and fasten them with string or toothpicks or sew together with coarse thread. Rub them with melted butter and dredge lightly with flour. Place in a baking-pan and surround with sweet potatoes, previously parboiled and peeled and cut in halves, and the apples quartered without paring. Drop bits of butter on the potatoes and apples using one-fourth cupful. Sprinkle with the sugar. Bake at 450° F. until the tenderloins are well done and the potatoes a golden brown. Remove the string or toothpicks and serve on a hot platter, the meat in the center with the apples and potatoes placed about it alternately. If gravy is desired, it may be made in the usual way from the juices in the pan.

*Beechwood Park, Pa.*

## TONGUE IN TOMATO SAUCE

1 fresh beef tongue
1 pint tomatoes
1 can peas
1 onion
2 cloves
1 tablespoonful cornstarch
1 teaspoonful salt
⅛ teaspoonful pepper

Boil tongue in salted water until tender. Peel and remove the roots. Combine the tomato, onion sliced, and cloves. Simmer until soft, strain and thicken with the cornstarch mixed with a little cold water. Add the salt and pepper. Simmer tongue in sauce one-half hour. Add peas just before serving.

*Highland Park, Mich.*

## VEAL AND HAM PIE

2 pounds shoulder or breast of veal
½ pound raw ham
1½ teaspoonfuls salt
⅜ teaspoonful pepper
1 bay leaf
¼ teaspoonful summer savory
1 tablespoonful granulated gelatin
2 tablespoonfuls cold water
½ cupful fine dry bread-crumbs
⅛ teaspoonful thyme
⅛ teaspoonful marjoram
½ teaspoonful grated lemon rind
½ teaspoonful lemon-juice
1 teaspoonful minced parsley
1 tablespoonful butter
Yolk 1 egg
⅛ teaspoonful nutmeg
Hard-cooked eggs
Flaky pastry
1 egg

Cut the veal from the bone and divide it into neat pieces about two inches square. Cover the meat and bone with boiling water and simmer until tender. Then remove the meat from the liquid, trim if needed, and put it away in a cool place while making the rest of the preparations. Season the broth with one and one-fourth teaspoonfuls of salt, one-fourth teaspoonful of pepper, the bay-leaf and summer savory. Let it simmer with the veal bones for one hour longer. Then strain the broth and to it—there should be about one quart—add the gelatin softened in the cold water. Cook the ham, thinly sliced, in boiling water for ten minutes. Meanwhile, prepare a few forcemeat balls as follows: Mix together the fine bread-crumbs, the thyme, marjoram, grated lemon rind, and the minced parsley. Then rub into the mixture the butter and the egg-yolk well beaten. Season with nutmeg, one-fourth teaspoonful of salt and one-eighth teaspoonful of pepper. Form into balls about the size of marbles, using a teaspoonful of the mixture for each ball. Butter a deep baking-dish or casserole and place the meat in layers in it, interspersing the veal with the ham, and occasionally place a forcemeat ball in some nook or crevice where it will fit. Hard-cooked eggs sliced crosswise may also be used in the pie, though they are not an essential to its perfection. When all the ingredients have been used, pour the strained broth about them and cover the dish with a top of flaky pastry in which several little slits have been cut. Bake at 350° F. for forty-five minutes, then brush the crust with the beaten egg and mixed with a tablespoonful of water, and return it to a 400° F. oven to brown. Serve hot or cold.

*Beechwood Park, Pa.*

## VEAU À LA GÈNOIS

2 large slices veal cutlet cut very thin
3 eggs
3 tablespoonfuls cold water
½ teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful Worcestershire sauce
Butter or margarin

Make an omelet as follows: Beat the eggs slightly, add the cold water, salt, and pepper, and pour into a buttered frying-pan. Cook until firm, then allow to become cold. Cut the omelet into two strips and place one on each slice of veal. Roll each piece like a jelly roll, tie with a string, or fasten with toothpicks. Sauté in butter or margarin, turning to brown on all sides. Lower heat, cover, and cook for thirty minutes. Place on a hot platter and make a gravy of the fat in the pan, adding the Worcestershire sauce in addition to other necessary seasonings. *Beechwood Park, Pa.*

## VICTORY MEAT LOAF

1½ pounds chopped round steak
¼ pound veal
¼ pound fat salt pork
1 medium-sized onion
1 green pepper
1 egg
1 cupful soft bread-crumbs
1 tablespoonful minced parsley
1¼ teaspoonfuls salt
¼ teaspoonful pepper
¼ teaspoonful paprika

Put the steak, veal and salt pork through the meat grinder together. Add the onion and green pepper, finely chopped, the egg well-beaten, the bread-crumbs, minced parsley, and seasonings. Mix all together thoroughly, then make into the form of a loaf, place in a greased pan, and bake at 400° F. for forty-five minutes. Serve hot with gravy made from the juices in the pan or the loaf is equally delicious cold.

*Beechwood Park, Pa.*

## VIRGINIA SPICED HAM

1 slice ham, ¾ in. thick
1 teaspoonful mustard
2 tablespoonfuls sugar
1 tablespoonful vinegar
½ cupful water

Mix the mustard and sugar and rub over the surface of the meat. Place in a baking-pan. Pour the water and vinegar around it; cover, and bake in a 450° oven for twenty minutes.

*Winfield, W. Va.*

# Pickles and Relishes

## A FINE CUCUMBER RELISH

1 dozen cucumbers
2 quarts small onions
3 red peppers
2 tablespoonfuls salt
1 pound brown sugar
1 quart vinegar
1½ teaspoonfuls white mustard-seed
1 teaspoonful turmeric

Peel onions and slice cucumbers, onions, and red peppers thinly. Remove the seeds from the red peppers. Let them all stand one hour well sprinkled with the salt. Drain and add the brown sugar, white mustard-seed, and turmeric. Cook forty-five minutes or until tender. Pour into sterilized jars and seal hot.

*New York, N. Y.*

## BALTIMORE CHOW-CHOW

### Part 1

1 peck ripe tomatoes, peeled and sliced
1 quart onions sliced
1 cupful salt

### Part 2

1 pint cider vinegar
¼ pound ground mustard
½ teaspoonful cayenne pepper
1 tablespoonful ground cinnamon
1 tablespoonful celery seed
1 tablespoonful ground cloves

Mix part 1, let stand two hours, and drain; then boil two hours in a preserving kettle, then add the ingredients of part 2. Boil another hour and can in pint jars.

*Concord, Mass.*

## BEET RELISH

1 quart cooked beets
1 small head cabbage
1 cupful grated horseradish
2 cupfuls sugar
2 tablespoonfuls salt
2 teaspoonfuls mustard
2 teaspoonfuls celery-seed
1 pint vinegar

Put the beets and cabbage through the food-chopper and add the rest of the ingredients in the order given. Let stand at least twenty-four hours before using. This will keep indefinitely. It may be bottled or kept in a covered crock.

*Canandaigua, N. Y.*

## CELERY SAUCE

24 ripe tomatoes
2 stalks celery
8 large onions
2 red peppers
2 tablespoonfuls salt
1 pint vinegar
1 pound brown sugar

Clean the vegetables and cut them fine. Add half the vinegar first (you may not need it all), sugar, and salt, and boil slowly till tender, about one hour and a half. Put in jars and seal while hot.

*New York, N. Y.*

## CHUTNEY CONSERVE

12 apples
8 green peppers
1 red pepper
1 cupful seedless raisins
1 pint weak vinegar
8 bay leaves
1 teaspoonful whole allspice
½ teaspoonful ground mace
¼ teaspoonful mustard seed
½ teaspoonful celery seed
2 cupfuls brown sugar
¼ teaspoonful paprika
Juice 6 lemons
1 tablespoonful salt

Pare, core and chop the apples. Chop the green peppers after removing the seeds, and chop the red pepper retaining the seeds. Mix all the ingredients together and boil until thick. Seal in jars while hot. This quantity makes four and one-half pints.

*Middletown, Conn.*

## EMERGENCY CHILI SAUCE

1 quart canned tomatoes
2 onions chopped fine
½ teaspoonful celery salt or
2 pieces celery minced
1 green pepper chopped fine
2 teaspoonfuls salt
3 tablespoonfuls brown sugar
⅛ teaspoonful pepper
½ teaspoonful mustard
Dash cayenne pepper
¼ cupful vinegar

Put all the ingredients into a preserving kettle; stir together, bring to a boil, and boil gently about forty-five minutes, stirring occasionally. Cook a little longer if needed to make the sauce the right consistency.

*Concord, Mass.*

## EMERGENCY RELISH

2 quarts canned tomatoes
3 medium-sized onions
3 green peppers
1 cupful brown sugar
1 cupful vinegar
1 tablespoonful salt
1 teaspoonful whole cloves
½ teaspoonful whole allspice
2 good-sized sticks cinnamon

Place the tomatoes in a preserving kettle, cutting them apart until well broken. Add the onions and peppers put through the food-chopper. Scald together the sugar, vinegar, salt, and spices. Combine mixtures and cook slowly, stirring frequently about two hours. Bottle while hot. *Concord, Mass.*

## ENGLISH MINT CHUTNEY SAUCE

½ pound ripe tomatoes
1 pound tart apples
2 cupfuls granulated sugar
3 large peppers
12 small onions
½ cupful chopped mint leaves
1⅓ cupfuls seeded raisins
3 cupfuls vinegar
2 teaspoonfuls dry mustard
2 teaspoonfuls salt

Chop the tomatoes, add the salt, and mix. Chop the apples onions, raisins, and peppers, and add mint. Scald and cool the vinegar, add the sugar and mustard. Mix all together and allow to stand at least ten days before using. Serve with lamb. This will keep indefinitely and is the better for standing several months. It may be put into pint preserve jars, if you wish; shake them occasionally. This relish has the advantage of not requiring any cooking and is entirely different from the usual chutney sauce. *Concord, Mass.*

## GREEN CHILI SAUCE

35 large green tomatoes
10 large onions
1¾ cupfuls sugar
5 large green peppers
10 cupfuls vinegar
5 tablespoonfuls salt

Chop tomatoes, peppers, and onions fine, add seasoning, and boil for two hours; then seal in jars. This quantity makes about seven pints. *New York, N. Y.*

## GREEN PICKLE

1 peck green tomatoes
5 small onions
1 quart vinegar
1 cupful salt
½ teaspoonful allspice
7 cupfuls sugar
½ teaspoonful cayenne pepper
1 teaspoonful black pepper
1 teaspoonful ground cloves
1 teaspoonful cinnamon
4 teaspoonfuls celery-seed
1 cupful mustard-seed

Slice or chop tomatoes and let stand in the salt overnight, or through the morning; drain, and add the chopped onions. Add spices and all the other ingredients and boil hard in a preserving kettle fifteen minutes. Whole cloves and stick cinnamon may be used if preferred. Can hot.

*Concord, Mass.*

## GREEN TOMATO PICKLE

1 peck green tomatoes
12 medium-sized onions
2 heads cauliflower
3 green peppers
1 bunch celery
¾ cupful salt
2 quarts vinegar
2 pounds sugar
⅔ cupful whole spices

Wash the green tomatoes and slice; peel the onions and slice. Separate the cauliflower heads into small flowerets. Remove the seeds from the green peppers and chop. Wash and dice the celery. Place all in a large preserving kettle in layers, sprinkling each layer with salt. Let stand overnight. In the morning, drain, add one quart of vinegar, and two quarts of water, bring to a boil, and cook fifteen minutes. Drain again. Make a sirup by boiling together for fifteen minutes the other quart of vinegar, the sugar, and the spices tied in a cheesecloth bag. Add the pickle, bring to a boil, and can hot. This makes five quarts of pickle. *Lawrence, Mass.*

## HARLEQUIN SAUCE

12 red peppers
12 green peppers
12 good-sized onions
2 tablespoonfuls salt
2 cupfuls light brown sugar
1 quart vinegar
Boiling water

Chop coarsely the peppers and the onions. Pour boiling water over the peppers and let them stand five minutes; drain and repeat, letting them stand in the second water ten min-

utes. Drain, add chopped onions, salt, sugar, and vinegar. Cook twenty minutes after it begins to boil and put into sterilized jars while hot, or store in a crock.

*Concord, Mass.*

## INDIA CHUTNEY

15 large sour apples
2 green peppers
1 cupful seeded raisins
2 good-sized onions
1 quart vinegar
2 tablespoonfuls white mustard-seed
2 tablespoonfuls ground ginger
2 tablespoonfuls salt
2 cupfuls brown sugar

Pare, core, and chop the apples, together with the green peppers, from which the seeds have been removed, and the onions. Add the raisins and vinegar, put in a preserving kettle, and simmer two hours. Add the sugar and seasoning and cook slowly for another hour. Seal in glass jars while hot. This recipe makes about five pints. *Salem, Ore.*

## ITALIAN PICKLE

1 peck green tomatoes, sliced in ¼ inch slices
7 onions, chopped fine
7 green peppers, chopped fine
1 cupful salt
Vinegar

Sprinkle salt over other ingredients, let stand overnight. In the morning drain thoroughly and boil twenty minutes in weak vinegar and water to cover. Drain from this and cook slowly in the following sirup for about two hours:

2 pounds sugar
½ pound white mustard-seed
1 tablespoonful whole cloves
1 tablespoonful whole allspice
1 stick cinnamon
2½ quarts vinegar

Tie the cloves, allspice, and cinnamon in a bag loosely and cook in the pickle. Can hot. *Concord, Mass.*

## JENNIE'S PICKLE

1½ quarts canned tomatoes
2 green peppers
2 medium-sized onions
2 pieces celery
1 cupful vinegar
1½ teaspoonfuls salt
1 cupful brown sugar
1 teaspoonful whole cloves
1 teaspoonful mustard-seed
3 small pieces stick cinnamon
½ cupful seedless raisins

Place the tomatoes in a preserving kettle, stir until well broken and add the peppers, onions, and celery chopped fine. Mix together, adding the sugar, vinegar, salt, and spices; boil twenty minutes. Then add the raisins and cook fifteen minutes longer, or until the vegetables are tender and the sauce is rich and thick. Can while hot. *Concord, Mass.*

## MARYLAND RELISH

1 quart green tomatoes
2 quarts cabbage
5 medium-sized onions
2 teaspoonfuls turmeric
6 red peppers
1 quart vinegar
½ tablespoonful whole allspice
¾ tablespoonful mustard-seed
2 tablespoonfuls salt
½ tablespoonful celery seed
1 cupful sugar

Slice the tomatoes thin and let them stand overnight in salted water. In the morning drain and add the thinly sliced cabbage, onions, and red peppers chopped fine. Put the vinegar in the preserving kettle, add sugar, spices and turmeric, then the vegetable mixture, and scald thoroughly. Put up in small jars or jelly tumblers and seal with paraffin.

*New York, N. Y.*

## MY CHUTNEY

2 cupfuls preserved ginger with sirup
15 apples
9 green sweet peppers
2 chili peppers
3 cupfuls vinegar
1 cupful water
10 bay leaves
1¼ teaspoonfuls whole allspice
¼ teaspoonful black mustard-seed
¼ teaspoonful whole cloves
1 pound brown sugar
1 tablespoon salt

Cut the ginger in small pieces; pare and slice the apples thin; remove the seeds from the peppers and slice them thin. Place the allspice, mustard-seed, and cloves in a small cheesecloth bag. Put all the ingredients together and boil gently until thick. Bottle while hot. *New Rochelle, N. Y.*

## OIL PICKLES

6 dozen small cucumbers (4 inches long)
½ cupful salt
1 pound small white onions
2 tablespoonfuls celery salt
½ tablespoonful white mustard-seed
1½ cupfuls salad oil
1 quart vinegar

Slice, but do not peel the cucumbers; sprinkle them with salt and let them stand overnight. After draining, add the onion, sliced thin, the celery salt, and mustard-seed. Make a dressing by beating thoroughly together the oil and vinegar, adding the latter gradually. Pour this over the cucumbers and onions. Mix well and can. *Concord, Mass.*

## PEACH CHUTNEY

2½ pounds fresh peaches
1¼ pounds evaporated peaches
½ pound seeded raisins
2 tablespoonfuls red chili powder
1 small onion
¼ cupful mustard-seed
½ pound green ginger
1¼ pounds brown sugar
1 quart vinegar
⅓ cupful salt

Soak the evaporated peaches several hours in water to cover, then cut in small pieces. Peel the fresh peaches and also cut in small pieces. Put the onion and ginger through the food-chopper. Boil all the peaches in one pint of vinegar until tender—about one-half hour. Make a sirup of the sugar and the other pint of vinegar and cook all the ingredients in it for about one hour, stirring frequently until thick. Seal while hot in preserve jars. This recipe makes five and one-half pints. *Chicago, Ill.*

## PICKLED BEETS

About 2 cupfuls prepared beets
1 pint sharp vinegar
2 tablespoonfuls brown sugar
½ teaspoonful salt
⅛ teaspoonful pepper
⅛ teaspoonful paprika
2 cloves
Green pepper

Boil and peel the beets as usual. Cut them in fanciful forms or leave them whole if preferred. Bring the vinegar to the boiling point, add the sugar and seasonings. Arrange the beets in a jar, alternating the slices with bits of green pepper. Pour the boiling liquid over the beets and seal.

*Beechwood Park, Pa.*

## PICKLED CARROTS

Cooked carrots
Pickling vinegar

Prepare the vinegar as for cucumber pickles, using one cupful each of sugar, salt, and mustard to the gallon of vinegar

Clean and scrape the carrots, cook till tender in salted water, drain and pack in glass jars. Pour over them the vinegar heated to boiling, and seal at once. These are a pleasing addition to any salad. *Lebanon, O.*

## PICKLED SPICED ONIONS

Small onions
Salt
Whole cloves
A few chili peppers
Sugar
Mace
Bay-leaf
Whole peppers
White vinegar

Peel onions and cover with hot water and salt, making a strong brine. Let them stand twenty-four hours, drain and cover with another hot brine. Next day drain and make a fresh brine, heat to boiling-point, add onions and boil three minutes. Drain and put onions in jars with bits of mace, bay-leaf, a few whole peppers, a few cloves, and slices of red pepper. Fill jars with hot vinegar, allowing one cupful of sugar to four quarts of vinegar. Seal at once.

*New York, N. Y.*

## QUICK CABBAGE CHOW-CHOW

1 large head white cabbage
2 green peppers
1 teaspoonful celery-seed
¼ ounce alum
1 pint small onions
2 tablespoonfuls salt
¼ cupful black mustard-seed
¼ cupful white mustard-seed
About 1 quart vinegar
½ pound brown sugar

Chop all very fine, mix, sprinkle lightly with salt, and let stand an hour, then drain for three hours. Mix in a kettle the brown sugar, celery seed, and black and white mustard-seeds. Add the vinegar and alum; let all boil up, then pour it over the cabbage; cover tightly. This chow-chow may be made in the winter if relishes become scarce. *Concord, Mass.*

## RIPE TOMATO SAUCE

1 dozen ripe tomatoes
6 red peppers
6 medium-sized onions
2 cupfuls vinegar
¾ cupful sugar
2 tablespoonfuls salt

Wash the vegetables and pare the tomatoes, remove the seeds from the peppers unless you like a hot sauce, when a few may be left. Chop onions and peppers fine, add the vinegar, sugar, and salt. Cook until soft, and bottle. *New York, N. Y.*

## RUMMAGE PICKLE

2 quarts green tomatoes
1 quart red tomatoes
3 green peppers
3 stalks celery
3 large onions
3 sweet red peppers
1 small head cabbage or
1 large, ripe cucumber
½ cupful salt
3 pints vinegar
2 pounds brown sugar
1 teaspoonful mustard
1 teaspoonful pepper

Chop all the vegetables and sprinkle with salt. Cover and let stand overnight. In the morning, drain thoroughly. Add the brown sugar, mustard, pepper, and vinegar. Cook all together for about one hour or until clear. Seal as usual in small jars or bottles large enough only to insure one serving, if possible. This recipe will make approximately three quarts. *New York, N. Y.*

## SOUR PICKLED GHERKINS

100 small cucumbers
Cold water
1½ cupfuls salt
Boiling water
Vinegar
4 green peppers
12 whole allspice
12 peppercorns
3 sticks cinnamon
3 blades mace
1 ounce mustard-seed
2 bay-leaves
1 good-sized onion

Be careful not to bruise or mar the cucumbers. Do not wash and scrub them unless absolutely necessary, as that will tend to bruise them. Select very small prickly cucumbers of uniform size and cover them with cold water. By measuring the cold water needed for covering the pickles at this stage, the amount needed for the brine and also for the vinegar later on may be easily determined. Let stand one hour, then lift the cucumbers out in order not to disturb any settling of sand or dirt, and turn them into a large crock. Add one cupful of salt to sufficient boiling water to cover the cucumbers and pour this over them. Cover the crock closely and let it stand for two days. After this, drain, rejecting those that may

be imperfect or soft, and pack them in a clean crock. Then cover them with the following solution which should be hot but not boiling: Take enough vinegar to cover the gherkins, add the green peppers chopped, one-half cupful of salt, the spices and the onion diced. These gherkins may be sealed in jars or kept unsealed in crocks. They keep perfectly either way. Do not use until six or eight weeks after making. They are even better if left for a longer time before using.

*Good Housekeeping Institute*

## SPICED CRANBERRIES

2 quarts cranberries
1⅓ cupfuls vinegar
⅔ cupful water
6 cupfuls sugar
2 tablespoonfuls ground cinnamon
1 tablespoonful ground cloves
1 tablespoonful ground allspice

Combine the ingredients, boil gently for forty-five minutes, and put up as usual in jars or glasses. *Des Moines, Ia.*

## STUFFED PEPPER PICKLE

20 to 25 small green peppers
1 small head cabbage
2 medium-sized onions
1 teaspoonful ground cinnamon
1 teaspoonful ground cloves
1 teaspoonful ground mustard
1 cupful salt
1 teaspoonful celery-seed
Vinegar

Wash all the vegetables carefully, cut the tops of the peppers almost off and remove the seeds. Cover with cold water and the salt and soak overnight. In the morning drain and fill with a stuffing made as follows: Chop the cabbage and onions fine, mix well with the cinnamon, cloves, and mustard. Tie the tops on securely, pack in a stone jar and cover with boiling vinegar. Put celery-seed in a muslin bag and place in the jar if you like the flavor of celery. Keep the jar well covered and do not eat the peppers for six weeks.

*New York, N. Y.*

## UNCOOKED TOMATO PICKLE

1 peck half-ripe tomatoes
2 cupfuls chopped celery
7 or 8 small onions
8 peppers (half ripe or four green and four red)
2 quarts vinegar
1 pound brown sugar
1 cupful salt
4 tablespoonfuls mustard-seed
¼ teaspoonful grated nutmeg

Peel tomatoes, put them through the meat-chopper, and drain thoroughly. Add onions, peppers, and celery, all of which have been chopped finely. Then add the other ingredients mixed, and stir all together very thoroughly. Put in crocks or jars. Let it stand six weeks before using. It will keep indefinitely. *Concord, Mass.*

## UXBRIDGE CATCHUP

½ bushel tomatoes
½ cupful salt
1 cupful brown sugar
1½ pints vinegar
1 nutmeg grated
1 tablespoonful mustard
1 tablespoonful black pepper
½ tablespoonful ground cloves
½ tablespoonful ground cinnamon
⅛ tablespoonful ground allspice

Boil the tomatoes until tender and while hot press through a sieve; return to kettle and boil again until quite thick and when nearly cool add the rest of the ingredients. Let all boil up and can in pint jars. *Concord, Mass.*

## UXBRIDGE MUSTARD PICKLE

1 quart large cucumbers
1 quart tiny cucumbers
1 quart tiny white onions
1 quart tiny green tomatoes
1 quart large green tomatoes
2 large heads cauliflower
8 green peppers
½ cupful salt
3 cupfuls sugar
1 ounce turmeric
1½ cupfuls flour
½ pound dry mustard
1 gallon vinegar

Slice the large cucumbers before measuring. Halve the tiny green tomatoes and cut the large ones in slices and then in quarters. Separate the cauliflower into flowerets and cut the green peppers into small dice. Place all the vegetables except the cucumbers in a large kettle. Pour the vinegar, scalding hot, over them and allow the mixture to just come to a good boil. Mix all the other ingredients together and moisten with a little cold vinegar. Then stir into the hot mixture carefully that it may not lump, add the cucumbers and let come to boil, stirring constantly. Bottle hot.

*Concord, Mass.*

# Pies

## BANANA PIE

3 bananas
¾ cupful sugar
1 tablespoonful butter
2 eggs
⅛ teaspoonful salt
⅓ cupful flour
¾ cupful boiling water
¼ teaspoonful vanilla
6 tablespoonfuls sugar
Pastry

Line a medium-sized pie plate with pastry, having a fluted edge and bake at 500° F. for twelve minutes. Meanwhile cream together the three-fourths cupful of sugar and the butter, add the egg-yolks beaten slightly, the flour and boiling water and cook in the top of a double-boiler, stirring constantly, until thickened. Cool and add the vanilla. Peel and slice the bananas and place a layer of them in the bottom of the baked pastry shell. Spread with a layer of the cream filling, lay on another of the bananas and top with cream filling. Make a meringue from the two egg-whites and six tablespoonfuls of sugar, arrange on the top of the pie, and bake at 300° F. for fifteen minutes, or until a delicate brown.

*New York, N. Y.*

## BURNT SUGAR AND BANANA PIE

About 1½ cupfuls milk
½ cupful flour
½ cupful sugar
½ teaspoonful salt
2 egg-yolks
2 ripe bananas
2 egg-whites
6 tablespoonfuls sugar
½ teaspoonful baking-powder
1½ teaspoonfuls vanilla
Pastry

Line a medium-sized pie plate with pastry having a fluted edge and bake at 500° F. for twelve minutes. Meanwhile prepare the following filling: Scald one cupful of milk in the top of a double-boiler and add one-fourth cupful of sugar which has been caramelized. Cook until the caramel is dis-

solved. Place the flour in a measuring cup, add enough milk to make a smooth paste and then fill up the cup with milk. Beat the egg-yolks slightly and add one-fourth cupful of sugar, the salt and the flour paste. Pour the scalded milk gradually over this mixture, stirring constantly. Return to the double-boiler and cook for one-half hour. Remove, cool and add one teaspoonful of vanilla. Pour into the pastry shell and garnish the top with the bananas cut in rings. Cover with a meringue made as follows: Beat the two egg-whites until stiff, adding four tablespoonfuls of sugar. Add the remaining two tablespoonfuls of sugar, the baking-powder, and one-half teaspoonful of vanilla, beat well, and pile lightly on the pie. Brown in the oven at 300° F. for fifteen minutes.

*Bristol, Va.*

## CHERRY PIE

1 quart sour cherries
1 cupful granulated sugar
⅛ teaspoonful salt
Few drops almond extract
3 tablespoonfuls flour
Pastry

Line a pie plate with pastry. Mix together the sugar, salt, and flour, and spread half of it over the pastry. Wash, and pit the cherries and fill the pie plate with them. Sprinkle the almond extract and remaining sugar mixture over the cherries. Wet the lower crust around the edge and put the upper crust in position. Bake at 450° F. for forty minutes.

*Columbus, O.*

## CHOCOLATE NUT PIE

2 medium-sized boiled potatoes
1 tablespoonful butter
¼ teaspoonful salt
½ cupful powdered sugar
1 cupful finely chopped nut-meats
¼ pound cake milk chocolate
1 cupful pastry flour
½ teaspoonful baking-powder
½ teaspoonful salt
4 tablespoonfuls shortening
1 egg
1 teaspoonful vanilla
Whipped cream

To make the filling, mash the potatoes, add the butter and one-fourth teaspoonful of salt, and beat together. Add the sugar, nuts, melted chocolate, and vanilla. Beat together until light and fluffy. Set aside to cool. To make the pastry, sift

the pastry flour, baking-powder, and one-half teaspoonful salt together, cut in the shortening thoroughly, and add the egg unbeaten. Mix and turn on a floured board; roll thin. Bake on inverted muffin tins at 500° F. for about ten minutes. Cool and fill with the chilled mixture. Garnish with whipped cream. *Little Rock, Ark.*

## COCONUT CREAM PIE

4 eggs
½ cupful sugar
1½ cupfuls milk
½ cupful cream
½ cupful freshly grated coconut
1 teaspoonful vanilla
Pastry

Combine the eggs, sugar, milk, cream, and vanilla and beat for two minutes. Strain and add the coconut. Pour into a pie plate lined with pastry having a fluted edge and bake at 450° F. for ten minutes; then reduce the heat to 325° F. for thirty minutes. The vanilla may be omitted and a little nutmeg grated over the custard before it goes into the oven. In lieu of fresh coconut, shredded coconut soaked in milk may be used. *San Diego, Cal.*

## COFFEE SOUFFLÉ PIE

2 tablespoonfuls granulated gelatin
½ cupful cold water
2 cupfuls hot coffee infusion
½ cupful sugar
2 eggs
⅛ teaspoonful salt
1 teaspoonful vanilla
1 cupful cream
1 tablespoonful sugar
Pastry

Soak the gelatin in the cold water and add the hot coffee infusion and one-half cupful of sugar. Stir until dissolved and pour on to the egg-yolks beaten slightly with one tablespoonful of sugar. Cook in the top of a double-boiler until thickened. Remove from the fire and add the salt and vanilla. Let cool, stirring often. When beginning to set, beat hard, fold in the egg-whites and cream, both stiffly beaten. Cool until the mixture is stiff enough to pile up well on the spoon, then turn into a baked pastry shell. Chill thoroughly before serving. *Good Housekeeping Institute*

## CRANBERRY AND PRUNE PIE

1½ cupfuls halved cranberries
1 cupful prunes
1 tablespoonful butter
¾ cupful sugar
1 tablespoonful flour
Pastry

Mix together the halved cranberries, the prunes cooked until soft and cut in small pieces, the sugar and the flour. Turn into a pie plate lined with pastry, dot over with the butter, cover with strips of pastry and bake at 450° for twenty minutes.

*Good Housekeeping Institute*

## PINEAPPLE GELATIN PIE

2 tablespoonfuls granulated gelatin
½ cupful cold water
1 can grated pineapple
½ cupful sugar
1 tablespoonful lemon-juice
1 pint cream
Pastry

Line a pie plate with pastry having a fluted edge and bake at 500° F. for twelve minutes. Soak the gelatin in the cold water for five minutes. Heat the grated pineapple of which there should be three cupfuls, add the sugar, lemon-juice and the softened gelatin. Stir until dissolved. Chill in a cool place, stirring frequently. When the mixture begins to set, beat well and fold in the cream, whipped stiff. Cool till stiff enough to pile up well on the spoon. Turn into the baked pastry shell and chill till thoroughly set.

*Good Housekeeping Institute*

## RAISIN PIE

Grated rind and juice 2 lemons
Grated rind and juice 1 orange
1 cupful light brown sugar
2 tablespoonfuls water
2 cupfuls seeded raisins
1 cupful walnut-meats, coarsely chopped
1¼ cupfuls water
3 tablespoonfuls cornstarch
Pastry

Line a medium-sized pie plate with pastry. Combine the lemon-juice and rind, orange-juice and rind, brown sugar, seeded raisins, chopped walnut-meats, and the one and one-fourth cupfuls of water and bring to the boiling point. Mix the cornstarch and two tablespoonfuls of water and add to the mixture gradually, stirring constantly. Cook five minutes, and pour into the pastry lined pie plate. Put on a top crust and bake at 450° F. for thirty minutes.

## RHUBARB CUSTARD PIE

2 cupfuls rhubarb, diced
1 cupful sugar
1 cupful milk
2 eggs
2 tablespoonfuls flour
1 teaspoonful lemon-juice
¼ teaspoonful salt
Pastry
6 tablespoonfuls sugar for meringue

Stew the rhubarb in three-fourths cupfuls of sugar until soft; cool and add milk and the yolks of the eggs beaten with one-fourth cupful of sugar, the flour, and the salt, mixed together. Add the lemon-juice. Pour into the pie pan lined with pastry with a fluted rim. Bake at 450° F. for ten minutes and at 325° F. for twenty-five minutes. Then cover with meringue, and return to a 300° F. oven for fifteen minutes. To make the meringue, beat the egg-whites very stiff, add two tablespoonfuls of sugar to each egg-white, beat again, then add another tablespoonful of sugar to each egg-white; beat, flavor with a few drops of lemon or vanilla extract, and spread on pie. If fresh rhubarb is not in season, and you are the fortunate possessor of some which you have canned, you may use it in place of the fresh rhubarb called for in this recipe.

*Englewood, N. J.*

## SLICED PINEAPPLE PIE

⅔ cupful sugar
1 cupful thin cream
2 eggs
1 tablespoonful butter
1 cupful sliced pineapple, diced
1½ tablespoonfuls cornstarch
Pastry

Line a medium-sized pie plate with pastry, having a fluted edge, and bake at 500° F. for twelve minutes. Heat the cream in the top of a double-boiler saving one-fourth cupful to mix with the cornstarch. Add the cornstarch mixture to the heated cream and cook for twenty-five minutes. Cream the butter and sugar together; add the eggs slightly beaten, and pour the cream mixture over them, stirring constantly. Return to the double-boiler and cook five minutes. Then add the diced pineapple, cool slightly, pour into the baked pastry shell and set aside to cool.

*Westfield, N. J.*

# Salad Dressings

## BOILED RUSSIAN DRESSING

⅔ cupful boiled salad dressing
4 tablespoonfuls strained chili sauce
2 tablespoonfuls diced pimientos
½ tablespoonful tarragon vinegar
½ tablespoonful chopped chives

Mix the ingredients together in the order given. Chill well and serve on lettuce. *Webster City, Ia.*

## BOILED SALAD DRESSING

4 tablespoonfuls melted butter
1 tablespoonful flour
1 tablespoonful sugar
1 cupful milk
½ cupful mild vinegar
1 teaspoonful salt
1 teaspoonful mustard
Dash cayenne pepper
2 eggs

Stir butter and flour together; add milk and let cook in the top of a double-boiler till quite thick. Beat egg-yolks slightly, add the salt, cayenne pepper, sugar, mustard, and vinegar; then stir into the thickened mixture and cook till thick like cream. Remove from heat and pour onto the egg-whites, beaten stiff, stirring constantly. *Mechanicsville, Conn.*

## BUTTERMILK BOILED DRESSING

1 tablespoonful sugar
1 tablespoonful mustard
1 teaspoonful salt
¼ tablespoonful paprika
1 tablespoonful cornstarch
1 cupful vinegar
¼ teaspoonful onion salt
Few grains cayenne pepper
2 eggs
1 cupful buttermilk
2 tablespoonfuls butter

Mix together the dry ingredients in the top of a double-boiler. Moisten with two tablespoonfuls of the buttermilk. Add the eggs beaten slightly, and the remainder of the buttermilk. Stir well together and cook over hot water until it begins to thicken. Add the butter and the vinegar, a little at a time. If it curdles, beat well with a Dover eggbeater several times during cooking. This salad dressing is especially good with all kinds of vegetables and fish salads. *Crary, N. Dak.*

## CHIVES SALAD DRESSING

3 tablespoonfuls salad oil
1 tablespoonful vinegar
1 tablespoonful minced chives
1 teaspoonful salt
¼ teaspoonful paprika
⅛ teaspoonful white pepper
1 hard-cooked egg

Mix thoroughly the salad oil, vinegar, salt, paprika and white pepper; then add the minced chives and hard-cooked eggs, chopped fine. Serve on tomato or any plain green salad. Enough for four servings. *New York, N. Y.*

## FRENCH DRESSING

Salad oil
Vinegar
Salt
Pepper
Paprika
Mustard
Worcestershire sauce

Place a small lump of ice in a shallow bowl. Pour the salad oil slowly over ice, the amount depending upon the number to be served. Add vinegar sparingly, the exact proportion depending on one's individual taste. Then add salt, pepper, enough paprika to make the dressing pink, and a dash of mustard or a few drops of Worcestershire sauce, here again letting the taste determine the proper amount. When all the ingredients are added, beat the mixture thoroughly with a fork until it is well blended, thick and smooth. Serve at once. Curry powder, horseradish, chopped sour pickles, capers or parsley, chili sauce or tomato catchup may be used in varying the dressing. Or the bowl may be rubbed with a clove of garlic. *Good Housekeeping Institute*

## FRUIT SALAD DRESSING

2 eggs
4 tablespoonfuls sugar
½ teaspoonful salt
¼ teaspoonful pepper
4 tablespoonfuls vinegar
1 tablespoonful mustard
Whipped cream
¼ teaspoonful paprika

Combine the eggs, sugar, salt, pepper and paprika and beat until light. Then add the vinegar and mustard, beat again, and then cook over hot water until thick. Pour into a jar to cool. When cold and jelly-like it is ready to use. Mix one and one-half tablespoonfuls of this foundation dressing with one cupful of cream whipped stiff. If desired less sweet, the amount of sugar may be decreased. The foundation dressing will keep for several weeks in a cool place.

*Beechwood Park, Pa.*

## HONEY SALAD DRESSING

3 tablespoonfuls salad oil
2 tablespoonfuls honey
1 tablespoonful lemon-juice
⅛ teaspoonful salt

Beat together the salad oil, honey, lemon-juice and salt until well blended. Use at once.

*New York, N. Y.*

## MAYONNAISE DRESSING

1 egg
1 teaspoonful salt
1 teaspoonful powdered sugar
1 teaspoonful mustard
Pepper
6 teaspoonfuls vinegar
6 teaspoonfuls lemon-juice
1½ cupfuls salad oil
Paprika
Few grains cayenne

Into a conical-shaped bowl break the egg, and add the salt, powdered sugar, mustard, a dash of pepper and paprika, the cayenne, and one teaspoonful of vinegar. Beat thoroughly with a good Dover egg-beater, then add the oil, one tablespoonful at a time, beating thoroughly after each addition, until one-half cupful is added and the dressing is thick. The oil can then be added in larger quantities at a time. When one cupful has been added, dilute with the rest of the vinegar and the lemon-juice, adding this alternately with the rest of the oil. Use altogether one and one-half cupfuls of oil. Beat vigorously all the time during the making. When finished, the dressing should be smooth and very thick.

*Good Housekeeping Institute*

## PINEAPPLE DRESSING

1 cupful pineapple-juice
¾ cupful sugar
1 tablespoonful flour
2 eggs
½ cupful cream, whipped
2 tablespoonfuls butter

Heat the pineapple-juice until just warm. Blend together the flour and butter, add the egg-yolks beaten and the sugar, and then the egg-whites beaten stiff. Pour the warm pineapple-juice into this, place in the top of a double boiler and cook till thick. Cool and add the whipped cream.

*Pittsfield, Mass.*

## POT POURRI SALAD DRESSING

½ teaspoonful salt
¼ teaspoonful pepper
4 tablespoonfuls salad oil
1 green pepper
1 orange
½ cupful stuffed olives
2 tablespoonfuls vinegar

Beat together the salt, pepper, vinegar, and salad oil. Add the green pepper seeded and chopped fine, the orange peeled and chopped fine, using all of the juice and the olives chopped. Mix all the ingredients and pour over quartered hearts of lettuce.

*Springfield, Mass.*

## ROQUEFORT DRESSING

½ teaspoonful salt
⅛ teaspoonful pepper
1 tablespoonful vinegar
3 tablespoonfuls salad oil
¼ cupful Roquefort cheese

Mix together the seasonings and vinegar and beat in the salad oil. Blend in the cheese slowly, and pour at once over hearts of lettuce.

*New York, N. Y.*

## RUSSIAN SALAD DRESSING

½ teaspoonful mustard
½ teaspoonful salt
⅛ teaspoonful white pepper
⅛ teaspoonful paprika
½ cupful salad oil
1 teaspoonful grated onion
1 tablespoonful chili sauce
1 teaspoonful Worcestershire sauce
1 tablespoonful vinegar
1 tablespoonful lemon-juice
1 tablespoonful minced green pepper
2 teaspoonfuls minced parsley

Mix together the mustard, salt, white pepper and paprika. Add these dry ingredients to the vinegar, lemon-juice, grated

onion, Worcestershire sauce, chili sauce, minced green pepper and minced parsley, mixed together. Beat all into the salad oil and serve at once or put into a glass jar and shake to emulsify it. *North Topeka, Kans.*

## SOUR CREAM SALAD DRESSING

1 cupful sour cream
2 tablespoonfuls vinegar
1 tablespoonful lemon-juice
1 teaspoonful sugar
1 teaspoonful salt
Pepper
Paprika
Mustard
Celery-seeds
1 canned pimiento

Beat the cream until stiff, then add the vinegar, lemon-juice, sugar, salt, pepper, paprika and mustard to taste. Beat all together until very thick. Add a few celery seeds, and the pimiento cut in small pieces, to give variety. Serve on cucumbers or cold slaw. *Beechwood Park, Pa.*

## TASTY SALAD DRESSING

1 clove garlic
½ green pepper
2 radishes
2 hard-cooked egg-yolks
¼ teaspoonful paprika
6 tablespoonfuls cottage cheese
1 teaspoonful salt
3 tablespoonfuls lemon-juice
½ cupful rich buttermilk

Rub the inside of a bowl with the cut clove of garlic. Chop the green pepper and radishes until fine and mash the egg-yolks. Mix together and add the cottage cheese, salt, paprika, lemon-juice and buttermilk. Beat together well and pour over any green salad. *Milwaukee, Wis.*

## THOUSAND ISLAND CREAM DRESSING

½ cupful mayonnaise made with tarragon vinegar
2 tablespoonfuls finely chopped pimientos
½ cupful heavy cream
2 teaspoonfuls minced chives
2 tablespoonfuls tomato catchup
2 tablespoonfuls chili sauce
2 hard-cooked eggs

To the mayonnaise add the chopped pimientos, minced chives, catchup and the chili sauce. Fold in the cream whipped until stiff and just before serving, add the hard-cooked eggs, coarsely chopped. Chill on ice before using.
*Uxbridge, Mass.*

# Salads

## AMERICAN BEAUTY SALAD

6 medium-sized beets
½ pound cottage cheese
2 tablespoonfuls cream
Lettuce
Salt
⅛ teaspoonful white pepper
¼ teaspoonful paprika
Mayonnaise

Wash the beets and cook in boiling salted water until tender. Remove skins and chill. Scoop out the centers. Season the cottage cheese with the pepper and paprika and add salt if not already salted sufficiently. Moisten with the cream. Fill the beets with the mixture. Garnish with bits of beet taken from the center, and place on beds of crisp lettuce. Serve with mayonnaise.

*Hillsboro, N. C.*

## CABBAGE SALAD SAN FRANCISCO

1 medium-sized white cabbage
½ cupful chopped celery
1 small green pepper, chopped
1 tablespoonful minced onion
3 tablespoonfuls vinegar
3 tablespoonfuls salad oil
1 tablespoonful powdered sugar
1½ teaspoonfuls salt
Pimiento strips
½ cupful mayonnaise

Remove any wilted or damaged leaves from the cabbage and soak it in salted water for thirty minutes. Drain thoroughly and remove the center. Discard the coarse heart and chop the rest of the cabbage very fine. Mix it with the chopped celery, minced onion, chopped green pepper, vinegar, salad oil, powdered sugar and salt and let stand in a cold place for at least thirty minutes. Then mix with the mayonnaise, refill the cabbage shell, and garnish with pimiento strips.

*San Francisco, Cal.*

## CELERY CHEESE SALAD

6 large sticks celery
1 small cream cheese
2 tablespoonfuls chopped walnut-meats
Salt
French dressing
Pepper
2 tablespoonfuls minced green-pepper
1 teaspoonful thin cream
French endive

Wash and crisp the celery sticks. Fill the groove in each stick with a mixture made by combining the cream cheese, chopped walnut meats, minced green pepper, the cream, and salt and pepper to taste. Smooth the edges of the filled celery sticks, chill thoroughly, and then cut the sticks into one-inch lengths. Arrange on individual servings of endive and serve with French dressing. The prepared sticks can be kept several hours on ice. *Park Ridge, Ill.*

## CELERY HEARTS AND FRENCH ENDIVE SALAD

Thousand Island Cream Dressing ½ pound French endive
1 stalk celery

Wash, drain, and dry the crisp French endive; arrange on individual salad plates. Surround with curled celery. To curl the celery, remove the root from the celery stalk and cut the sticks into one and one-half inch pieces; with a sharp knife cut in fine shreds from the ends toward the center, leaving about one-fourth inch in the center uncut. Drop into ice water to which one tablespoonful of lemon-juice has been added and let stand until well curled. Serve with Thousand Island Cream Dressing. This recipe will supply about ten servings and makes an excellent luncheon or dinner salad.
*Uxbridge, Mass.*

## CHEESE AND PEAR SALAD

1½ cupfuls grated American cheese
Mayonnaise
Lettuce
6 canned pear halves

Arrange the pear halves individually on nests of lettuce leaves, fill the hollows of the pears with the grated cheese, and top with mayonnaise. Fresh pears can be used if they are very ripe. In this case, sprinkle them with lemon-juice and a tiny bit of sugar, cover, and let stand fifteen minutes before using. *Memphis, Tenn.*

## CHEESE BALLS AND WATERCRESS

2 cupfuls cottage cheese
⅓ cupful chopped nuts
½ teaspoonful paprika
½ cupful tomato catchup
1 bunch watercress
½ cupful mayonnaise
1½ teaspoonfuls salt

The cottage cheese should be very dry and unsalted. Mix it with the catchup, salt, paprika, and chopped nuts. Chill thoroughly and form into small balls. Place three or four balls on a bed of crisp watercress and serve ice-cold with the mayonnaise. This recipe will serve eight.

*Springfield, Mo.*

## CHEESE COLE-SLAW

1 pint shredded cabbage
4 tablespoonfuls grated cheese
1 teaspoonful salt
1 teaspoonful brown sugar
¼ teaspoonful paprika
1 tablespoonful vinegar
Few grains cayenne pepper
1 teaspoonful prepared mustard
½ to 1 cupful fresh buttermilk
Green pepper or celery tips

Freshen the cabbage by letting it stand in cold water until crisp. Dry between towels. Mix the cabbage and cheese together. Place all the other ingredients, except the buttermilk, in a bowl and blend thoroughly, then add the buttermilk, the exact quantity depending upon the thickness of the buttermilk. Pour over the cabbage and cheese and garnish with green pepper rings or celery tips.

*Redding, Conn.*

## CONCORDIA PINEAPPLE SALAD

3 slices canned pineapple
1 cupful diced cucumber
¼ cupful mayonnaise
Canned pimientos
Lettuce
Mayonnaise

Lay one slice of pineapple on each individual serving of lettuce. Fill the cavity of each slice of pineapple with a spoonful of the diced cucumbers mixed with the mayonnaise. Cross two narrow strips of pimientos or green peppers over the center of each slice of pineapple. Serve with more mayonnaise dressing. This will make eight portions.

*Concord, Mass.*

## COUNTRY SALAD

2 cupfuls chopped cooked meat
2 cupfuls diced cooked potatoes
1 cupful cooked, sliced carrots
3 hard-cooked eggs
Boiled dressing
Lettuce
3 small gherkins
1 cupful diced celery

Combine the chopped, cooked meat, which may be corned beef, tongue or ham, with sufficient boiled dressing to mold. Pack in a cold mold and chill. Likewise, thoroughly chill the cooked potatoes and carrots. Let the diced celery stand in cold water to which a little lemon-juice has been added. When ready to serve, line the salad dish with lettuce, unmold the meat in the center and arrange the potatoes tossed in boiled dressing around it. Place the border of carrots around the potatoes, then the celery drained and wiped dry. Chop the whites of the hard-cooked eggs and sprinkle over the salad. Press the yolks through a fine sieve and scatter over the meat. Garnish with halves of gherkins and pour boiled dressing over the vegetables. Potato balls or carrot slices cut in fancy shapes may be used. *Beechwood Park, Pa.*

## DUCK AND ORANGE SALAD

2 cupfuls cold duck
4 seedless oranges
1 tablespoonful tarragon vinegar
½ cupful salad oil
½ teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful paprika
Lettuce

Cut the duck into small dice; peel the oranges and slice them very thin. Mix together until well blended the oil, seasonings, and vinegar. Pour this dressing over the duck and oranges and let stand for a few minutes. Serve on crisp lettuce. *Shafer, Minn.*

## EGG AND TOMATO SALAD

6 medium-sized tomatoes
Lettuce
Mayonnaise
6 hard-cooked eggs

Scald and peel the tomatoes. Then with a sharp knife cut the tomatoes lengthwise in quarter-inch slices almost down to the bottom, leaving enough uncut to hold the tomatoes together. Slice the hard-cooked eggs and insert one slice between each two layers of tomatoes, spreading them open

like a fan. Put each tomato on a bed of white lettuce or cress, chill, until very cold, and just before serving pour mayonnaise over it. *New York, N. Y.*

## ENDIVE GRAPEFRUIT SALAD

6 stalks French endive
Scooped out pulp 1½ grapefruit
2 ounces crumbled Roquefort cheese
French dressing

Wash and dry the endive, chill thoroughly, and arrange on individual plate. Heap the grapefruit at the end of the stalks, and sprinkle it with the cheese-crumbs. Pour French dressing over all. If necessary, romaine may be substituted for the endive. *Buffalo, N. Y.*

## FROZEN FRUIT MAYONNAISE

3 cupfuls cream, whipped
2½ cupfuls mixed fruits, as maraschino cherries, candied pineapples, oranges, sliced peaches, stoned cherries, etc.
1 cupful mayonnaise
1 teaspoonful powdered sugar
1 teaspoonful granulated gelatin
2 tablespoonfuls cold water
Lettuce hearts
Parsley

Cover the gelatin with the cold water and then set it over steam to melt. Beat into the mayonnaise. Combine this mixture with the whipped cream and powdered sugar, stir in the fruit, and pour into a mold which has been rinsed with cold water. Seal carefully, and bury in equal parts of ice and salt for four hours. Serve garnished with lettuce hearts and parsley. *New York, N. Y.*

## GINGER ALE SALAD

¾ cupful diced, canned pineapple
¾ cupful chopped grapefruit pulp
⅓ cupful blanched shredded almonds
¼ cupful seeded malaga grapes
1 cupful ginger ale
2 tablespoonfuls granulated gelatin
½ cupful warm water
Few grains salt
Few grains paprika
Mayonnaise
Lettuce

Soak the gelatin in the warm water for five minutes, then dissolve it over hot water. Add one-fourth cupful of the

ginger ale. Combine the diced pineapple, grapefruit pulp, malaga grapes, shredded almonds, salt and pepper and then add the remaining three-fourths cupful of ginger ale. Add the gelatin mixture, stir thoroughly and pour into individual molds which have been dipped in and out of cold water. Chill thoroughly, unmold and serve on lettuce leaves, garnished with mayonnaise. *Statesville, N. C.*

## HARLEQUIN SALAD

1 cupful apple strips
1 cupful celery strips
1 green pepper
1 canned pimiento
Boiled dressing
Lettuce

Combine the apple strips, celery strips, green pepper and pimiento all cut in the shape and size of matches. Toss in boiled dressing or mayonnaise at the last minute and heap on nests of lettuce. *Concord, Mass.*

## HOT POTATO SALAD

6 medium-sized potatoes
2 tablespoonfuls chopped parsley
½ cupful diced celery
4 tablespoonfuls vinegar
4 tablespoonfuls salad oil
½ teaspoonful lemon-juice
Salt
Pepper

Wash and cook the potatoes without paring in boiling salted water until tender. Cool, peel and cut into thin slices. Arrange a layer of potatoes in the bottom of a dish; sprinkle with salt, pepper, one tablespoonful of chopped parsley and one-fourth cupful of diced celery. Mix the vinegar, salad oil, and lemon-juice together and heat just to the boiling point. Pour half of it over the potatoes; then arrange the remaining potatoes on top, and sprinkle with salt, pepper, the remaining parsley, celery, and oil dressing.

*Beechwood Park, Pa.*

## JANE'S ORANGE JELLY SALAD

1 cupful cold water
2 cupfuls hot water
½ cupful orange-juice
Juice one lemon
½ cupful sugar
2 tablespoonfuls granulated gelatin
1 Neufchatel or small cream cheese
1 teaspoonful top milk
Canned white cherries
Filberts
Mayonnaise
Lettuce

Make one quart of orange jelly, using the first six ingredients. Fill a cold wet ring mold half full with the orange jelly mixture and let stand in the refrigerator until it begins to thicken. Meanwhile, soften the cheese with the milk and form into tiny balls. When the jelly in the mold has begun to set, arrange these balls of cheese at regular intervals in the mold. Add the rest of the gelatin mixture and set on the ice until perfectly stiff. When ready to use, unmold on a bed of lettuce. Stone the white cherries and refill with filberts or hazel nuts. Fill the center and garnish the outside of the mold with the stuffed cherries. Dress with mayonnaise and serve at once, very cold with browned crackers.

*Concord, Mass.*

## JELLIED SHRIMP SALAD

1 quart canned tomatoes
1¼ cupfuls water
1½ teaspoonfuls salt
¼ teaspoonful pepper
4 cloves
1 bay-leaf
1 tablespoonful sugar
1 teaspoonful mustard
2 tablespoonfuls granulated gelatin
1½ cupfuls shrimp
½ cupful finely diced celery
¾ cupful diced green pepper
Boiled dressing
Lettuce
1 small onion, minced

Cook the tomatoes, one cupful of water, the salt, pepper, cloves, bay-leaf, sugar, mustard and minced onion together for fifteen minutes. Strain and pour the mixture over the gelatin which has been softened in one-fourth cupful of cold water. Cool until it begins to stiffen and add the shrimps, which have been cleaned, the viscera removed, and cut in halves; then add the diced celery and the diced green pepper from which the skin has been removed by parboiling. Pour into wet individual molds and chill until hardened. When ready to serve, turn out on beds of lettuce, and garnish with boiled dressing, or mayonnaise, as preferred.

*Good Housekeeping Institute*

## JELLIED TOMATO SALAD

2 tablespoonfuls granulated gelatin
½ cupful cold water
1 pint boiling water
½ cupful vinegar
½ teaspoonful salt
1 cupful condensed tomato soup
Lettuce
¾ cupful mayonnaise
⅓ cupful sugar

Soak gelatin in the cold water five minutes. Dissolve it in the boiling water, then add the sugar, salt, vinegar, and soup. Pour into cold, wet molds and set in a cold place to chill. Serve on shredded lettuce garnished with mayonnaise. This makes ten individual servings. *Indianapolis, Ind.*

## JUNE SALAD

Cooked asparagus stalks
Cooked green peas
Cooked diced carrots
Finely minced parsley
Canned pimientos
French dressing
Mayonnaise
Lettuce

Arrange the lettuce on a salad plate. Radiate asparagus stalks towards the edge, leaving a space in the center for a mound of the green peas. Surround with a ring of the diced carrots. Sprinkle carefully with French dressing, pipe thick mayonnaise in rings around both vegetables, and put a whirl in the center, in which stand a few small leaves of white lettuce. Sprinkle the carrots with minced parsley, and the peas and asparagus with pimientos cut in small dice. Chives may be used, if desired. *Concord, Mass.*

## KIPPERED HERRING SALAD

1 smoked, kippered herring, weight ½ pound
2 cupfuls finely diced celery
1 green pepper, chopped
Lettuce
¼ teaspoonful salt
⅛ teaspoonful onion salt
⅛ teaspoonful pepper
⅛ teaspoonful paprika
Mayonnaise
1 hard-cooked egg, chopped

Boil the fish in water enough to cover it, for five minutes. Remove it from the water, bone and shred it. To one-half cupful of the shredded fish add the diced celery, chopped green pepper, chopped egg, salt, onion salt, pepper, and paprika. Add enough mayonnaise to moisten well and arrange on beds of lettuce. Serve with additional mayonnaise. *Brooklyn, N. Y.*

## LETTUCE ROLLS

1 head lettuce
1 cupful cottage cheese
½ cupful seedless raisins
½ cupful chopped walnut-meats
½ cupful mayonnaise
Salt

Mix together the cottage cheese, raisins, and nuts. Add the mayonnaise and blend thoroughly. Add salt, if needed. Use the larger leaves of crisp lettuce; spread them with the cheese mixture and roll up like a jelly roll. The recipe will make about twelve rolls. In season tie each roll with a long-stemmed nasturtium. Place two rolls on each salad plate with the flowers on top and some of the tiny leaves of lettuce between. Clover blossoms may also be used, but the rolls will stay together without any tying. In the latter case, arrange a strip of pimiento around each roll. Little wooden toothpicks may be used to fasten the rolls, if desired.

*Hillsboro, N. C.*

## LOUISA'S BARTLETT PEAR SALAD

12 canned pear halves
1 large cream cheese
Mayonnaise
1 tablespoonful top milk
Lettuce
Tart jelly

Either home-canned or commercially canned pears of the Bartlett variety should be used for this salad. If home-canned pears are used, it is well, when canning them for salads to use less sugar than for pear sauce. Place a cube of tart jelly in the core cavity of each pear half and place rounded side up, two on each individual nest of lettuce. Frost each half with the cream cheese which has been moistened with the top milk to spread smoothly. Serve with mayonnaise dressing. If the knife used for spreading the "frosting" is occasionally dipped in boiling water, the process will be much simpler. *Concord, Mass.*

## MAY FRUIT SALAD

6 slices fresh or canned pineapple
1 large orange
1 banana
6 strawberries
Honey salad dressing
Sprigs fresh mint

Wash and crisp the mint, arrange, stem ends toward the center, on individual salad plates. Place a slice of pineapple on each bed of mint, on this put a slice of orange, then a layer of banana sliced into disks, and top with a strawberry. Pour over it the salad dressing. If fresh pineapple is used it should be sprinkled with sugar and allowed to stand in a cold place for at least an hour. *Pasadena, Cal.*

## NUT AND ASPARAGUS SALAD

6 hard-cooked eggs
2 tablespoonfuls chopped hickory-nut-meats
1 cupful cooked asparagus-tips
1 teaspoonful minced parsley
French dressing
Extra nut-meats, parsley and asparagus-tips
Lettuce

Shell the eggs and cut in halves lengthwise. Mash the yolks, add the nut-meats, the asparagus-tips, and the parsley, and blend with four tablespoonfuls of French dressing that is not very sour. Fill the egg-halves with this mixture, arrange on lettuce-leaves, and garnish with the extra asparagus tips, parsley, and nut-meats. If any of the asparagus mixture is left over, it can be blended with a mayonnaise or a bland boiled dressing and passed with the salad.

*Denver, Colo.*

## ORANGE-PECAN SALAD

1 banana
2 navel oranges
½ cupful pecan-meats
Lettuce
French dressing

Remove skin from banana, cut in quarters lengthwise and again crosswise and roll in pecan-meats, finely chopped. Peel oranges, cut in slices crosswise, and remove the center core. Insert a cube of banana in center of each slice. Arrange on a bed of lettuce, sprinkle over remainder of pecans and French dressing. This will make eight portions.

*Stockton, Cal.*

## PRUNE SALAD

½ pound large prunes
Walnut-meats
Mayonnaise
Lettuce

Soak the prunes in cold water to cover overnight. Cook until tender, cool and carefully remove the stones without marring the shape of the prunes. Fill the cavities with quarters of walnut-meats. Lay either three or four stuffed prunes on each bed of shredded lettuce or white lettuce leaves. Top with mayonnaise and serve very cold with

browned crackers and cream cheese. This salad may be varied by filling the prunes with balls of cream or neufchatel cheese instead of the nuts. *San Francisco, Cal.*

## SALAD PIQUANT

1 small head lettuce
1 medium-sized cucumber
4 tablespoonfuls cream
⅛ teaspoonful white pepper
1 small cream cheese
½ teaspoonful salt
2 tablespoonfuls lemon-juice
1 teaspoonful powdered sugar
6 kumquats
¼ teaspoonful paprika

Pare and slice the cucumber thinly and cover with cold, salted water. Let stand in a cold place one hour. Drain and dry thoroughly. Thin the cream cheese with the cream; add the salt, white pepper, paprika, powdered sugar, and lemon-juice. Arrange the lettuce leaves on salad plates, put the cucumber slices into the cheese dressing, and apportion to each plate, spreading well over the lettuce nests. Then cut the kumquats in very thin slices and scatter them over the salad, allowing one kumquat for each serving. Served as a dinner salad with the meat course, or alone with crisp crackers, or with cold-meats for luncheon, it is a cool, satisfying, and extremely decorative salad. Do not add any further dressing. *Edgewood, Md.*

## SHRIMP SALAD

1 pint can shrimps
1 small bottle stuffed olives
12 tiny sweet pickles
6 green peppers
Lettuce
2 tablespoonfuls pickled white pearl onions
French dressing
Mayonnaise
Whipped cream

Drain the shrimps, rinse with cold water and remove the viscera. Break in good-sized pieces, and dress with French dressing. Chill for two hours, add the olives and sweet pickles sliced, and the onions. Hollow out the green peppers to form cups, and stuff with this mixture. Serve garnished with the lettuce and mayonnaise, the latter diluted with a little whipped sweet or sour cream. *Asheville, N. C.*

# Sauces, Fish and Meat

## CAPER SAUCE

1 cupful drawn-butter sauce
¼ cupful capers and liquor

Make the drawn-butter sauce in the usual way and add the capers with their liquor, or the same quantity of pickled nasturtium seeds. Serve with fish or lamb.

*New York, N. Y.*

## CHEESE SAUCE

2 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful milk
1 cupful grated American cheese
½ teaspoonful salt
¼ teaspoonful paprika

Melt the butter, add the flour and seasonings. When bubbling, add the milk gradually, stirring constantly. Cook until smooth and thickened. Add the cheese, place over hot water, and cook until the cheese has melted.

*Winthrop, Mass.*

## CREOLE SAUCE

½ cupful white sauce
2 tablespoonfuls minced onion
4 tablespoonfuls minced green peppers
1 small can tomato soup

In making the white sauce, melt one tablespoonful of butter, add the onion and peppers, and cook very gently for ten minutes; then blend in one-half tablespoonful of flour, stir in slowly one-half cupful of milk, and let boil up as usual. Season with one-fourth teaspoonful of salt and a few grains of pepper. Gradually beat in the tomato soup, stirring constantly to prevent curdling.

*Toronto, Ont.*

## CUCUMBER SAUCE

1 cupful heavy cream
¼ teaspoonful salt
Few grains cayenne pepper
1 medium-sized cucumber, pared, chopped, and drained
3 tablespoonfuls vinegar

Beat the cream until stiff, slowly add the seasonings and vinegar, and just before serving combine with the cucumber. This is delicious with any kind of cold fish. *Sewickley, Pa.*

## CUMBERLAND SAUCE FOR DUCK

Juice and rind 1 orange
2 tablespoonfuls melted currant jelly
Juice and rind 2 lemons
1 tablespoonful grated horseradish
1 cupful powdered sugar

Mix together the orange- and lemon-juices and grated rind; add the currant jelly, the powdered sugar and then the grated horseradish. Beat thoroughly, then heat and serve.
*Essex Falls, N. J.*

## CURRY SAUCE

1 onion
1 tablespoonful curry powder
1½ cupfuls liquid
2 tablespoonfuls flour
2 tablespoonfuls oil or drippings
½ tablespoonful salt
1 teaspoonful vinegar

Chop onion fine and brown it in the oil, adding curry powder and flour after a few minutes that they may brown also. Season with salt and vinegar, and add the liquid—which may be milk, soup stock, or water—gradually, stirring constantly. Cook until smooth. Serve as a sauce with hard-cooked eggs, cold meat, or fish. *Washington, D. C.*

## DRAWN BUTTER SAUCE

4 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful hot water
¼ teaspoonful salt
Few grains pepper

Melt the butter, add the flour and seasonings; cook until bubbling and then stir in gradually the hot water. Cook, stirring constantly, until smooth and thickened. Serve with boiled or baked fish or asparagus. *New York, N. Y.*

## HORSERADISH SAUCE

1 cupful seasoned brown sauce
¼ cupful grated horseradish
1 teaspoonful powdered sugar
¼ teaspoonful mustard
1 tablespoonful vinegar

Add the horseradish, sugar, mustard, and vinegar to the brown sauce. Heat and serve with beef, ham, or tongue.

*New York, N. Y.*

## IMPROVISED MEAT GRAVY

½ cupful minced, boiled ham
1 small carrot minced
1 onion minced
1 pint cold water
1 tablespoonful minced parsley
Few chopped celery leaves
2 tablespoonfuls drippings or ham fat
1 tablespoonful butter
1½ tablespoonfuls flour
Salt
Pepper

Fry the ham, carrot, onion, parsley, and celery leaves all together in the drippings or ham fat. Cover with the cold water and simmer about one hour, replenishing the water to keep it one and one-half cupfuls. Strain and pour the liquor gradually over the butter and flour blended together in a saucepan. Boil up and add salt and pepper if needed. Bits of left-over bacon, sausage, or other meat may be added to this, or used in a similar way. *New York, N. Y.*

## MOCK HOLLANDAISE SAUCE

3 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful hot water
1 tablespoonful lemon-juice
½ teaspoonful salt
Few grains cayenne pepper
Yolks 2 eggs

Melt the butter in the top of a double-boiler placed over hot water. Add the flour and blend well together. Add the hot water gradually and stir continuously until thickened. Season with the salt, cayenne pepper, and lemon-juice. At this stage, leave the sauce in the double-boiler over a slow heat until ready to serve it. Then pour it over the well-beaten egg-yolks, stir thoroughly, reheat quickly, and serve at once.

*Good Housekeeping Institute*

## PIQUANT TOMATO SAUCE

1 quart ripe tomatoes
1 teaspoonful sugar
1 teaspoonful salt
1 tablespoonful grated onion
1 teaspoonful Worcestershire sauce
2 tablespoonfuls lemon-juice
Speck nutmeg
2 cloves
Sprig parsley
Sprig celery leaves
1 tablespoonful butter
1 tablespoonful flour

Cut the tomatoes in pieces before measuring. Stew until tender and strain. To the strained juice add all the rest of the ingredients except butter and flour. Boil gently for fifteen minutes. Remove the parsley, celery, and cloves, and thicken slightly with the butter and flour cooked together This sauce is especially good with fish cutlets or fried fish.

*Concord, Mass.*

## PIQUANT SAUCE

1 teaspoonful mustard
1 teaspoonful salt
¼ teaspoonful paprika
1 egg
¼ cupful mild vinegar
¼ cupful salad oil
¼ teaspoonful onion-juice
1 teaspoonful minced parsley
½ teaspoonful sugar

Mix together in the top of a double-boiler, the mustard, salt, sugar, paprika, egg slightly beaten, and the vinegar. Cook over hot water until thickened; remove from the stove, beat in the salad oil gradually, and add the onion juice and parsley. Pour over cooked Brussels sprouts or cauliflower just before serving.

*Concord, Mass.*

## SAUCE BÉARNAISE

1 cupful wine vinegar
10 white peppercorns
2 sprigs parsley
3 sprays fresh tarragon
2 sprays fresh chervil
1 spray fresh thyme
½ bay-leaf
2 shallots minced
6 egg-yolks
¼ cupful cold water
1 pound sweet butter
1½ teaspoonfuls salt
Few grains cayenne pepper
1 teaspoonful minced parsley
1 teaspoonful minced chervil
1 teaspoonful minced tarragon

Crush the peppercorns and place them with the vinegar in the top of a double-boiler. Add the sprays of fresh herbs,

the bay-leaf and minced shallots. Place directly over the fire and let boil vigorously until all has evaporated except the smallest spoonful. Remove from the fire and let the pan get cold. In the meantime melt the sweet butter in another saucepan over hot water or a very low fire. Now add to the reduced vinegar mixture the egg-yolks and the cold water. Stir well with a whip and cook same over hot water, whipping it constantly until it gets thick like custard. *Do not let the water underneath boil,* and be careful not to allow the eggs to scramble. Two or three minutes only will be required for the thickening. Then remove from the fire and add the melted butter, a very little at a time, beating constantly. Add the salt and cayenne pepper and strain through cheesecloth. Add the minced herbs and serve on any kind of broiled meat such as filet mignon, tenderloin, or sirloin steak.

*New York, N. Y.*

## SAUCE MORNAY

½ cupful butter
1 cupful flour
1 quart milk
1 small onion
⅛ teaspoonful thyme
¼ teaspoonful white pepper
1 bay-leaf
2 teaspoonfuls salt
Yolks 3 eggs
2 tablespoonfuls softened butter
Few grains cayenne pepper

Melt the half-cupful of butter in the top of a double-boiler; add the flour and stir together with a wooden spoon. Let this cook for five minutes over a very low fire. *Be sure not to let it brown.* Scald the milk and pour this gradually into the butter and flour mixture, mixing well with a wire whip. Add the onion minced, thyme, pepper, bay-leaf and salt. Place over *boiling* water and let cook one hour. Strain through cheesecloth. Beat the egg-yolks thoroughly with the softened butter. Pour this slowly into the sauce, mixing it well and being very careful that the water beneath the sauce *is not now boiling.* Add the cayenne pepper and beat well. This recipe makes sufficient sauce for twelve servings. It is excellent in all kinds of "au gratin" dishes, which have grated cheese sprinkled over them, such as cauliflower, cabbage, fish of all kinds, lobster, crab meat, etc. *New York. N. Y*

## SAUCE POULETTE

½ pound fresh mushrooms
2 shallots
6 tablespoonfuls butter
4 tablespoonfuls flour
½ teaspoonful salt
2 cupfuls milk
Yolks 2 eggs
1 cupful cream
1 teaspoonful minced parsley
1 tablespoonful chopped chives
Juice ½ lemon

Wash the mushrooms, skin and chop. Also chop the shallots very fine. Cook these five minutes in three tablespoonfuls of butter and the salt. In another saucepan, make a white sauce: Melt the rest of the butter, add the flour, cook until bubbling, and add the milk gradually. Stir until thickened, add the sauce to the mushroom mixture, and cook five minutes. Then beat the egg-yolks and mix them with the cream. Pour this into the sauce, which should now be placed over hot water. Mix well and *do not let the water beneath the sauce boil.* Add the parsley, chives and lemon-juice. This recipe will serve eight to ten people and is delicious served with chicken of all kinds, lamb's trotters, sliced hard-cooked eggs on toast, or frogs' legs. *New York, N. Y.*

## SAVORY SAUCE FOR FISH

2 teaspoonfuls chopped green pepper
4 tablespoonfuls mayonnaise
3 tablespoonfuls chili sauce

Mix the chopped pepper and the chili sauce with the mayonnaise. Serve at once. *New York, N. Y.*

## TOMATO SAUCE

4 tablespoonfuls drippings or bacon fat
½ teaspoonful mixed pickle spices
½ teaspoonful sugar
1 cupful sifted, canned tomatoes
1 cupful seasoned brown soup-stock
4 tablespoonfuls flour

Tie the spices in a bit of cheesecloth. Melt the drippings, add the flour, sugar, and bag of spices. Then stir in gradually the strained tomatoes and soup-stock, stirring constantly. Cook until smooth and thickened. Remove the spice-bag and add more seasonings if need, before serving. *New York, N. Y.*

# Sauces, Pudding

## CARAMEL SAUCE

1 cupful granulated sugar
1 cupful boiling water
½ cupful marshmallow topping
Chopped walnuts

Melt the sugar in a skillet until it becomes a clear, amber sirup. Add the boiling water and simmer thirty minutes. Just before removing add the marshmallow topping and beat thoroughly. Add chopped walnuts, if desired, when the sauce has cooled. Serve over vanilla ice-cream or any simple pudding.

*Good Housekeeping Institute*

## DELECTABLE SHORTCAKE SAUCE

1 cupful powdered sugar
¼ cupful butter
1 cupful crushed strawberries
1 egg-white

Cream together the sugar and butter, add egg-white beaten light, then the berries, and beat all together with the egg-beater until very light and foamy. Raspberries can also be used, and the sauce is equally good with cottage pudding, baked-rice pudding or sponge or chocolate cake.

*Moscow, Idaho*

## FOAMY ORANGE SAUCE

2 egg-whites
½ cupful sugar
½ cupful orange-juice
1 tablespoonful grated orange rind
Candied orange peel

Beat the whites of the eggs until stiff and dry. Add the sugar and orange-juice gradually, beating constantly. Just before serving mix in the grated orange rind. Pour over plain cornstarch pudding, frozen custards, etc. Garnish with thin slices of candied orange peel.

*Good Housekeeping Institute*

## HARD FRUIT SAUCE

¼ cupful butter
1 cupful powdered sugar
2 tablespoonfuls cream
1 cupful crushed fruit

Cream the butter and work in the sugar and cream alternately. To this base add a cupful of canned or fresh strawberries, raspberries, blackberries, peaches, or apricots, crushed till very soft. These should be worked in gradually.

*New York, N. Y.*

## INEXPENSIVE LIQUID SAUCE

4 tablespoonfuls sugar
2 tablespoonfuls flour
½ teaspoonful salt
2 tablespoonfuls butter
2 tablespoonfuls molasses
2 cupfuls boiling water
⅛ teaspoonful grated nutmeg

Mix the sugar, flour, and salt together. Cream thoroughly with the butter and molasses. When well blended, add the boiling water stirring all the time. Stir until the sauce bubbles, let boil a minute or two, add the nutmeg, and serve hot. This sauce is suitable to serve with any of the simpler steamed puddings and is delicious with steamed huckleberry pudding in summer.

*Concord, Mass.*

## LEMON SHORTCAKE SAUCE

Juice and grated rind 1 lemon
¾ cupful rich cream
⅛ cupful sugar

Grate the lemon rind and combine it with the juice and sugar. Let stand at least two hours, stirring occasionally; then add cream, and use as desired.

*Los Angeles, Cal.*

## MAPLE SAUCE

1 cupful maple sirup
½ cupful marshmallow topping
2 tablespoonfuls marshmallow topping

Combine the maple sirup and the one-half cupful of topping. Beat until thoroughly mixed, then allow to simmer for five minutes. When cool, add the two tablespoonfuls of topping, and pour over vanilla ice cream, rice or cornstarch pudding.

*Good Housekeeping Institute*

## MARSHMALLOW GOLDEN SAUCE

1 cupful brown sugar
1¼ cupfuls boiling water
½ cupful marshmallow topping
¼ teaspoonful vanilla

Combine the sugar and water and simmer gently for twenty minutes. While hot, add the marshmallow topping and the vanilla. Beat thoroughly until smooth and creamy. This sauce may be served hot or cold over ice-cream and bread, rice, or cornstarch pudding. Sprinkle chopped walnut meats or browned almonds over the top, if desired.

*Good Housekeeping Institute*

## MARSHMALLOW SAUCE FOR COTTAGE PUDDING

3 tablespoonfuls flour
1 cupful dark brown sugar
1½ cupfuls boiling water
1½ tablespoonfuls butter
12 marshmallows

Mix the flour and sugar; add gradually the boiling water. Bring to the boiling point and add butter. Set off the fire and in a few moments add the marshmallows cut in halves. Serve warm on slices of cottage pudding. *Butler, Pa.*

## ORANGE MARMALADE SAUCE

¾ cupful orange marmalade
½ cupful sugar
¼ cupful water

Boil for five minutes, then chill. This sauce is delicious on ice-cream. *Denver, Colo.*

## PEAR AND GINGER SAUCE

¾ cupful sugar
½ cupful water
3 tablespoonfuls chopped preserved ginger
1 cupful finely chopped pears

Combine the sugar, water, and pears. Boil for ten minutes or until the pears are tender. Then add the preserved ginger and cook three minutes longer. Serve ice-cold over plain vanilla ice-cream or frozen custard.

*Good Housekeeping Institute*

## PINEAPPLE SAUCE

¾ cupful sugar
½ cupful water
1½ cupfuls sliced canned pineapple diced
Angelica

Combine the sugar and water and boil for ten minutes. Allow this sirup to cool thoroughly and add the pineapple cut in tiny dice. Grated pineapple may be used, if preferred. Serve over ice-cream. In serving, cut pieces of pineapple into triangular shapes and place around the edge of the dish in which the ice-cream is to be served. Top with bits of angelica cut in fancy shapes. *Good Housekeeping Institute*

## PLUM PUDDING SAUCE

1 egg
About ½ cupful powdered sugar
1 cupful cream
2 tablespoonfuls orange or lemon-juice or
½ teaspoonful vanilla and 2 drops almond extract

Beat the egg until very light, add powdered sugar until the mixture is the consistency of custard. Then add the cream whipped until stiff and the fruit juice or the extracts, as preferred. If orange or lemon juice is used add a little of the grated rind also. *Concord, Mass.*

## RAISIN SAUCE

1 cupful quartered raisins
1½ cupfuls cold water
½ cupful sugar
Juice ½ lemon

Simmer raisins in the water till soft. Then add the sugar; boil gently for fifteen minutes, and just before serving flavor with the lemon-juice. *Norwood, Mass.*

## RAISIN SAUCE FOR PLAIN ICE-CREAM

1 cupful seeded raisins
2 cupfuls water
½ cupful chopped walnut-meats
2 cupfuls sugar

Boil raisins in water till very soft. Remove raisins and rub through a colander. In the meantime boil the raisin-liquor with the sugar for three minutes, remove from heat, and add raisin-pulp and nuts. When ice-cold, pour over ice-cream, preferably chocolate or with a fruit flavor.

*Jersey City, N. J.*

## STRAWBERRY SAUCE

¾ cupful sugar
½ cupful water
1½ cupfuls strawberries crushed slightly

Combine the sugar and water and boil for ten minutes. Let the sirup get thoroughly cooled, then add the strawberries. In serving this sauce over ice-cream or pudding, a few of the whole berries may be reserved as a garnish.

*Good Housekeeping Institute*

## SUNSHINE SAUCE

1 egg
½ cupful sugar
½ cupful heavy cream
1 teaspoonful vanilla

Beat the egg-yolk with the sugar, whip the cream till light, combine it with the sugar-mixture, beat the white stiff and fold it in with the vanilla. This sauce is delicious with sponge cake or any plain cake used as a pudding.

*Springfield, Mass.*

## YORK AND LANCASTER SAUCE

1 egg white
½ cupful sugar
1 cupful cream
½ cupful red jelly

Whip the white of the egg until stiff, add the sugar gradually, continuing the beating. Then fold in the cream beaten until solid. Just before serving add the jelly—any bright red variety—cut in bits. Combine very lightly and pile in a serving dish.

*Concord, Mass.*

# Soups

## COMBINATION SOUP

½ cupful rice
4 cupfuls cold water
2 cupfuls raw, diced potatoes
1½ cupfuls chopped celery and celery leaves
1 onion grated
3 cupfuls milk
2 tablespoonfuls margarin
1 teaspoonful minced pasley
1½ teaspoonful salt
¼ teaspoonful pepper

Soak the rice in water until the grains swell up. Put on the stove, add the potatoes, onion, and celery. Simmer gently until almost done; then add the milk, margarin, salt, pepper, and minced parsley and finish cooking. *Fort Dodge, Ia.*

## CORN AND TOMATO CHOWDER

2 cupfuls canned corn
1 cupful canned or ripe tomatoes
2 cupfuls diced celery
2 tablespoonfuls margarin
1 quart cold water
1 cupful milk
½ cupful grated cheese
½ cupful chopped pimientos
3 tablespoonfuls flour
1½ teaspoonfuls salt
¼ teaspoonful pepper

Place corn, tomatoes, diced celery, and one teaspoonful of salt in a kettle and cover with the cold water. Boil one-half hour. Melt margarin, add flour gradually. Then add the cold milk, stirring constantly. Add the vegetable mixture to the white sauce, a little at a time, and seasonings. Add to the chowder the grated cheese and the pimientos chopped fine. Stir until the cheese is melted. Serve piping hot. A cream soup may be made if desired, by straining out the vegetables before adding the white sauce.

*Winona, Minn.*

## OKRA SOUP

3 pounds shin of beef
1 large slice ham
2 quarts okra
3 pounds tomatoes
About 3 quarts water
1 pint corn, cut from cob
1 tablespoonful salt
1 teaspoonful pepper

Put the beef and ham in a large soup-kettle and cover with hot water, using about three quarts. Keep it boiling for two hours, then add the okra, which has been washed and cut in slices, the tomatoes, peeled and quartered, and the corn, cut carefully from the cob. Add the salt and pepper and simmer for two hours longer. Serve with hot boiled rice. Canned vegetables may be used; in this case do not add the corn until one hour before serving. Use two quarts of tomatoes. This recipe makes a large quantity, but it is just as good reheated. *Charleston, S. C.*

## PHILADELPHIA PEPPER POT

1 knuckle veal
3 quarts cold water
1½ pounds white honeycomb tripe
2 large white onions
2 large white potatoes
6 allspice
10 peppercorns
2 bay-leaves
1 tablespoonful sweet marjoram
1 tablespoonful thyme
1 tablespoonful sweet basil
1 hot red pepper
1 tablespoonful salt
¼ teaspoonful pepper
About ⅔ cupful flour
½ teaspoonful salt
1 egg
2 tablespoonfuls margarin
3 tablespoonfuls flour

Put the knuckle of veal into a large kettle with the salt, the onions sliced, the herbs and spices in bags, the red pepper cut in tiny pieces, and cold water. Simmer for two hours or until the veal is very tender. Remove the veal from the stock. Clean the tripe thoroughly in several waters, adding baking soda to the first and salt to the last. Cut with scissors into julienne strips. Simmer in the stock for one hour. Add the pepper. Then let the soup boil and add the potatoes cut in dice, and balls the size of tiny marbles made from the flour, the egg, and one-half teaspoonful of salt. To make these, beat the egg lightly, add the salt, and flour enough to make a dough, not too stiff. Roll into tiny balls between the palms. Cook for one-half hour longer; then thicken slightly with the margarin melted and mixed with the three tablespoonfuls of

flour. Cook until thoroughly blended and serve hot. The veal, or part of it, may be chopped and added to the soup or not, as desired. This will serve eight to ten persons.

*New York, N. Y.*

## PIMIENTO CHEESE SOUP

2 tablespoonfuls butter
1 tablespoonful cornstarch
2½ cupfuls milk
½ pound soft American cheese
⅛ teaspoonful paprika
¼ cupful chopped pimientos
¼ teaspoonful salt
⅛ teaspoonful celery salt
⅛ teaspoonful onion salt
Speck cayenne pepper

Melt the butter and cornstarch together in the top of a double-boiler, add the milk gradually, and heat to the scalding point. Then add the cheese cut in small pieces, stir until it is melted, and add the pimientos and seasonings. Serve with strips of crisp, buttered toast piled log-cabin fashion on a plate.

*Cleveland, O.*

## RED BEET SOUP

3 pounds beef shin
3 quarts boiling water
3 onions
1 teaspoonful salt
1 teaspoonful whole allspice
½ cupful vinegar
½ cupful sugar
6 medium-sized beets
¼ teaspoonful pepper

Wipe the meat and cut the lean part into cubes. Place in a soup kettle, together with the boiling water, the onion sliced thin, the salt, pepper, allspice, vinegar, and sugar. Boil the beets for ten minutes, remove the skins, and grate. Add to the soup and cook the whole for two and one-half hours, replenishing the water as necessary. Strain and serve hot with boiled potatoes.

*Lancaster, Pa.*

## RICE AND ASPARAGUS SOUP

1 quart well-seasoned soup-stock
1 cupful water
½ cupful rice
Grated cheese
1 small bunch asparagus

Wash the asparagus, cut off the tough parts, and use them for cream soup. Put the tips and the tender portions into the broth and water, boil till half done, about twenty min-

utes, then add the rice well washed, and cook until it is tender. Serve very hot and pass the cheese with it. This soup should be very thick. *New York, N. Y.*

## SWEET POTATO SOUP

2 cupfuls baked sweet potatoes
2 tablespoonfuls melted butter or bacon drippings
1½ teaspoonfuls salt
1 quart scalded milk
2 tablespoonfuls flour
½ cupful cooked rice
Cinnamon

Bake potatoes and mash through ricer, measure two cupfuls, then put through ricer again with rice, stir hot milk slowly into mixture, return to double-boiler. Brown flour, add fat having smooth texture before adding to the hot milk mixture; do this gradually; season with salt and a dash of cinnamon.
*La Porte, Tex.*

## TOMATO AND BARLEY SOUP

1 quart canned tomatoes
2 quarts boiling water
1 cupful pearl barley
¼ teaspoonful pepper
4 tablespoonfuls margarin
2 medium-sized onions
1½ teaspoonfuls salt

Brown the margarin, put in the onions cut in small pieces, and fry until tender. Then add the boiling water, tomatoes, barley and seasonings. Cook for two to three hours over a slow fire. Serve for luncheon. *St. Louis, Mo.*

## TOMATO CHOWDER

1 quart canned tomatoes
2 onions, chopped
1 quart boiling water
¼ cupful rice
4 tablespoonfuls fat
2 teaspoonfuls salt
¼ teaspoonful pepper
¼ teaspoonful paprika

Melt the shortening, add the chopped onion and brown well. Then add the tomatoes, rice, and water. Cover and allow to cook slowly one hour, or until the rice is tender. Season well, and serve hot. Diced salt pork may be used in place of the fat. If a thicker chowder is desired, add one tablespoonful of flour mixed smooth in a little cold water three minutes before removing from fire. *Rochester, N. Y.*

# Vegetables

## ASPARAGUS WITH MUSHROOM SAUCE

1 can asparagus tips
¼ pound mushrooms
4 tablespoonfuls butter or margarin
4 tablespoonfuls flour
1 teaspoonful salt
¼ teaspoonful pepper
¼ teaspoonful paprika
2 cupfuls milk
6 slices toast triangles

Turn the asparagus tips into the top of a double-boiler, and heat. In a saucepan melt the butter, add the flour and seasonings, and when bubbling, pour in the milk gradually, stirring constantly; cook until smooth and thickened. Add the mushrooms skinned and cut in thin slices or chopped. Cook slowly about twenty minutes or until the mushrooms are done. Place the asparagus tips on the triangles of buttered toast and pour the sauce over all. *Flushing, N. Y.*

## BAKED BEANS WITH CORN

1 pint pea or kidney beans
½ teaspoonful baking soda
¼ pound bacon
2 tablespoonfuls molasses
2 teaspoonfuls salt
¼ teaspoonful pepper
Boiling water
2 cupfuls fresh corn

Pick over the beans, wash, cover with cold water and soak overnight. Drain, add the baking soda, cover with cold water and simmer until the skins begin to loosen. Drain and blanch with cold water. Cut the bacon into cubes and add to the beans together with the molasses, salt, pepper and one cupful of boiling water. Put in the bean-pot and cover with boiling water. Bake for six hours at 300° F., adding more boiling water as needed. One hour before time to remove beans from the oven, stir in the corn seasoned to taste. If canned corn is used, allow only one-half hour for cooking.

*Good Housekeeping Institute.*

## BAKED BEETS

6 medium-sized beets
2 tablespoonfuls butter or margarin

Wash the beets carefully, wipe dry, and put into an oven heated to 350° F. Bake until they feel soft under the pressure of the fingers. Peel, slice, and serve hot with the butter melted over them.

*New Orleans, La.*

## BAKED ONIONS

12 good-sized onions
1 tablespoonful margarin
1 teaspoonful salt
⅛ teaspoonful paprika
2 teaspoonfuls honey or brown sugar
Toast strips
Parsley

Peel the onions, cut in halves crosswise, and place in a buttered casserole. Add the seasonings (no water) and bake one and one-half hours in a moderate oven at 400° F. Serve with strips of hot, buttered toast to absorb any gravy and garnish with parsley dipped in vinegar. Enough to serve four.

*Redding, Conn.*

## BAKED SALSIFY

1 large bunch salsify
2 eggs
1½ cupfuls milk
3 tablespoonfuls butter
1 tablespoonful chopped chives
1¼ teaspoonfuls salt
¼ teaspoonful pepper
½ teaspoonful paprika

Scrub the salsify well and cook it until tender in boiling, salted water. Drain, cover with cold water, drain again, and remove the skins. Cut in dice and place in layers in a buttered baking-dish. Sprinkle each layer with salt, pepper, paprika, and chives, and dot over with butter. Beat two eggs slightly, add milk, and pour over the salsify. Bake until set in an oven registering 325° F.

*Hagerstown, Md.*

## CABBAGE WITH CARAWAY-SEEDS

1 pound cabbage
½ small onion
½ teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful caraway-seeds
½ cupful water
2 tablespoonfuls fat
¼ cupful vinegar

Cut the cabbage as for cold-slaw, then mix thoroughly with the onion cut fine, the salt, pepper, and caraway-seeds. In a stew-pan, place the fat and the water, add the cabbage, and let it simmer for about one-half hour or until the cabbage has become soft. Stir frequently. Then add the vinegar, cook five minutes longer and serve. *Brooklyn, N. Y.*

## CANDIED YAMS

3 medium-sized sweet potatoes
2 tablespoonfuls margarin
1 to 1½ cupfuls sirup from canned peaches

Boil the potatoes until nearly tender. Peel and slice lengthwise. Lay in a shallow pan, preferably glass or earthenware, pour over them the juice, and add dots of margarin. Bake for thirty minutes in a 400° F. oven. Raise the heat to brown, or brown under broiler flame. *Boyd, Tex.*

## CAULIFLOWER DELICACY

3 cupfuls diced cauliflower-leaf ribs
1 teaspoonful salt
⅛ teaspoonful pepper
½ cupful milk
1 tablespoonful butter
1 tablespoonful flour
Paprika

Save the green outside portion of a head of cauliflower and cut the large ribs of the leaves into small cubes. Cook in boiling water to cover, to which the salt has been added. Replenish water as necessary and cook until tender. Add milk and thicken slightly with the butter and flour cooked together. Add pepper and pour into serving dish. Sprinkle with paprika. *New York, N. Y.*

## CELERY SAVORY

2 large stalks celery
1 large onion
2 green peppers
2 tablespoonfuls butter

Chop all rather coarsely and fry slowly in the butter till tender. Serve with steak. *Washington, D. C.*

## CORN AND PEPPER RAMEKINS

2 cupfuls canned corn
2 tablespoonfuls sugar
1 teaspoonful salt
⅛ teaspoonful pepper
½ cupful milk
1 green pepper
1 pimiento
1 cupful fine bread-crumbs
1 tablespoonful butter

Add sugar, salt, pepper, milk and green pepper and pimiento both finely-chopped, to the corn. Fill greased ramekins one-third full, sprinkle with layers of the crumbs, then put in another layer of corn. Continue until the dishes are filled, having crumbs on top. Dot over each ramekin with butter, using one-half teaspoonful in each. Bake thirty minutes at 400° F. *San Francisco, Cal.*

## CREAMED CELERY AND GREEN PEPPER

1½ cupfuls celery cut in inch lengths
1 small green pepper
1½ cupfuls milk
3 tablespoonfuls flour
3 tablespoonfuls butter
½ teaspoonful salt
⅛ teaspoonful pepper
6 slices toast

Boil the celery until tender. Drain and mix it with the green pepper, which has been sliced, after removing the core and seeds. Make a cream sauce as follows: Melt the butter, add the flour, cook together until bubbling, add the milk gradually, stirring constantly. Cook until smooth and thickened. Stir in celery and green pepper and add salt and pepper. Serve on toast. *Hinsdale, Ill.*

## CREAMED PEPPERS

4 large peppers
2 tablespoonfuls vegetable fat
2 tablespoonfuls flour
1 pint milk
1½ teaspoonfuls salt
⅛ teaspoonful pepper

Wash the peppers and wipe them dry; then place them directly over a low gas flame and toast them, turning them frequently to prevent burning. Scrape off the blistered skin, holding them beneath running cold water. Remove the seeds and cut with scissors, in long, thin strips. Melt the fat in a saucepan, add the peppers, and let them brown slightly. Stir in the flour and add the milk gradually. Cover and cook very slowly for about one-half hour. *New York, N. Y.*

## CREOLE GUMBO

4 tablespoonfuls fat
3 tablespoonfuls flour
½ pound round steak
2 medium-sized tomatoes
1 green sweet pepper
1 medium-sized onion
1 quart okra
2½ teaspoonfuls salt
½ teaspoonful pepper
1 cupful hot water

Melt the fat in a saucepan, add the flour, and cook until well blended. In this brown the steak which has been cut in tiny cubes and the onion, chopped. Then add the tomato and green pepper cut in small pieces. Cook together, stirring constantly. Last add the okra chopped and the hot water. Add the seasonings and simmer gently until the vegetables are tender, adding more water if needed. Stir frequently. Serve with boiled rice. *Tuscaloosa, Ala.*

## EGGPLANT CASSEROLE

1 eggplant
6 tomatoes
1 green pepper
6 medium-sized onions
2 teaspoonfuls salt
½ teaspoonful pepper
⅓ cupful fat

Pare and slice the eggplant and onions, and slice the pepper. Brown in a frying pan in drippings or vegetable fat. Place the browned vegetables in a greased casserole, alternating with the tomatoes sliced. Season each layer with salt and pepper and cook in a 400° F. oven forty minutes. Canned tomatoes may be used when fresh ones are not obtainable.
*Asheville, N. C.*

## FRIED ONIONS WITH APPLES

4 onions
3 large tart apples
2 tablespoonfuls drippings
½ teaspoonful salt
½ cupful water

Heat the drippings in a frying pan and slice the onions into it. Cook slowly until nearly tender, then add the apples sliced, the water, and the salt. Cover and cook until the apples are soft, remove cover and fry until water is all gone, and the onion and apple is a light brown color. Serve hot. Enough for three servings. *Brattleboro, Vt.*

## FRIJOLE BEANS, ARIZONA STYLE

1 pound pink beans
4 large slices fat bacon
1 onion
1 tablespoonful sugar
2 canned green or red chili peppers
2 teaspoonfuls salt

Wash and soak the beans overnight in cold water to cover. In the morning, add one teaspoonful of salt and boil until tender, then add the bacon, onion, and chili peppers minced, the sugar, and the rest of the salt. Boil several hours longer until the bacon and onion are tender and the liquor is somewhat thickened. *Humboldt, Ariz.*

## GUMBO SUCCOTASH

3 cupfuls shelled lima beans
6 medium-sized tomatoes or 1 pint can red tomatoes
1 quart okra
1 teaspoonful thyme
3 bay-leaves
6 ears corn
1 large onion
1 clove garlic
1 tablespoonful salt
2 tablespoonfuls margarin
3 pints hot water

Fry the corn, cut from the cob, in the margarin until brown. Add the beans and the other ingredients cut fine, the seasonings, and the hot water. When boiling, put into the fireless for four to six hours or overnight if preferred. Canned vegetables may be used. *New Orleans, La.*

## IRISH POTATOES WITH CATCHUP

6 large potatoes
1 cupful cornmeal
1 teaspoonful salt
1 egg
2 tablespoonfuls water
1 cupful catchup

Pare the potatoes and cut into slices one-fourth of an inch in thickness. Dip into the meal and salt mixed, then into the egg well beaten and mixed with water, then into the meal again. Fry in deep fat heated to 395° F. until the potatoes float, when they will be done. Drain and serve very hot with tomato catchup. *Greenville, Tenn.*

## KOHLRABI WITH GOLDEN SAUCE

2 cupfuls diced kohlrabi
1 tablespoonful butter
1 cupful well-seasoned white sauce
1 egg-yolk

Cook kohlrabi in boiling salted water until tender. Drain, add the butter, and stir until absorbed. Meanwhile prepare the white sauce, to which add the egg-yolk beaten just before taking from the fire. Pour over kohlrabi and serve at once.

*Concord, Mass.*

## MASHED POTATOES WITH PEANUT-BUTTER

6 medium-sized potatoes
2 tablespoonfuls butter
About ½ cupful hot milk
1½ tablespoonfuls peanut-butter
1 teaspoonful salt
⅛ teaspoonful pepper

Boil, mash, and beat to a cream the potatoes, adding salt and pepper, one tablespoonful butter, and milk. Heap in a hot buttered baking-dish. Blend the peanut-butter and remainder of butter, dot over potatoes, and brown in a 500° F. oven.

*Mena, Ark.*

## MOCK CAULIFLOWER

6 cupfuls prepared white radishes
1½ teaspoonfuls salt
2 tablespoonfuls butter or margarin
2 tablespoonfuls flour
1½ cupfuls milk
⅛ teaspoonful pepper
Few grains cayenne pepper
Paprika

Wash large, white radishes thoroughly and cut them into strips or cubes. Cook them until tender in boiling water to which one teaspoonful of salt has been added. Drain and pour over them a white sauce made as follows: Melt the butter in a saucepan, add the flour, one-half teaspoonful of salt, the pepper and cayenne pepper, and cook until bubbling. Add the milk gradually, stirring constantly, and cook until smooth and thickened. Sprinkle all with paprika.

*Baltimore, Md.*

## OKRA SAVORY

1 quart okra
2 cupfuls celery, diced
1 green pepper, diced
½ small onion, chopped fine
4 tablespoonfuls butter
2 large ripe tomatoes
2 teaspoonfuls salt

Cut okra crosswise in quarter-inch slices and mix the celery, green pepper and onion with the okra and fry in butter in an aluminum or granite saucepan until the vegetables begin to be soft. Add the tomatoes, chopped fine, and salt. Stew gently until tender, about one hour. *Houston, Tex.*

## PEAS WITH MINT

2 cupfuls hot cooked peas
1 tablespoonful butter
2 tablespoonfuls flour
½ teaspoonful salt
⅛ teaspoonful pepper
1 cupful milk
¼ cupful finely chopped fresh mint

Melt the butter, add the flour, salt, and pepper and mix thoroughly together. Add the milk gradually and bring to the boiling point, stirring constantly. Add the chopped mint and the peas, either freshly cooked or canned, mix together and serve at once. *San Francisco, Cal.*

## PEA ROAST WITH CARROT SAUCE

¾ cupful soft bread-crumbs
1 cupful pea pulp
1 tablespoonful sugar
1 egg
6 tablespoonfuls butter or margarin
1 tablespoonful chopped walnut-meats
2 tablespoonfuls flour
1½ teaspoonfuls salt
¼ teaspoonful pepper
1 bunch new carrots
2¼ cupfuls milk

Drain canned peas and force them through a purée sieve—enough to make one cupful. Mix together the bread-crumbs, pea pulp, sugar, egg, four tablespoonfuls butter or margarin melted, walnut-meats, half the seasonings, and three-fourths cupful of milk. Turn into a well-greased baking-dish, let stand fifteen minutes, cover, and bake forty minutes at 350° F. Serve with carrot sauce made as follows: Melt the rest of the butter in a saucepan, add the flour and the rest of the salt and pepper; cook until bubbling and add gradually the one and one-half cupfuls of milk. When well blended, stir in the carrots cooked until tender and then force through a purée sieve. About one cupful of the carrot purée is about right. This recipe is intended to serve four persons.

*East Orange, N. J.*

## POTATOES MAÎTRE D'HÔTEL

6 medium-sized potatoes
2 tablespoonfuls butter
2 tablespoonfuls minced parsley
½ teaspoonful salt
¼ teaspoonful pepper
1 teaspoonful lemon-juice

Wash and pare the potatoes. Cook until tender in boiling salted water. Drain and cut the potatoes in slices. Return them to the saucepan, adding the butter, parsley, salt and pepper. Heat thoroughly, being careful not to break the potatoes in stirring. Just before serving add the lemon-juice.

*Paris, France*

## POTATOES WITH SAVORY SAUCE

12 small potatoes
4 tablespoonfuls butter
1 teaspoonful chopped parsley
1 tablespoonful chopped red or green sweet pepper
1 teaspoonful chopped chives
Juice ½ lemon
2 tablespoonfuls grated cheese
1 teaspoonful salt
¼ teaspoonful pepper

Wash potatoes thoroughly and boil in their jackets. Remove skins. Melt the butter, add parsley, chives, pepper, and lemon-juice. Season with salt and pepper, adding cheese last; stir till cheese is melted. Pour sauce over the potatoes. Chopped onion or onion-juice may be used in place of the chives and peppers. *Fall River, Mass.*

## RICE AND CELERY CROQUETTES

2 cupfuls cooked rice
½ cupful celery cut fine
2 tablespoonfuls strained tomatoes
2 eggs
⅛ teaspoonful beef extract
½ teaspoonful salt
½ small onion grated
2 tablespoonfuls butter
Bread-crumbs

Mix together the rice, celery, the tomato juice with the extract dissolved in it, one egg, salt, and onion. Form into croquettes, roll in fine, dried bread-crumbs, then dip in egg beaten slightly with two tablespoonfuls of cold water, then in crumbs again. Lay on a greased plate, dot over with butter, and bake in a 500° F. oven until browned. Serve these as a meat accompaniment. *Brattleboro, Vt.*

## SPANISH STRING BEANS

4 tablespoonfuls fat or drippings
2 large onions
2 tomatoes
1 tablespoonful flour
1 chili pepper
2 pounds green string-beans
2 teaspoonfuls salt

Cook onions, tomatoes, chili pepper and fat together until well done and golden brown (slice vegetables thinly). Then brown flour, add hot water and beans, and cook slowly one and one-half hours, adding salt when half done.

*So. Pasadena, Cal.*

## SWEET BAKED TOMATOES

2 pounds tomatoes
⅓ cupful sugar
½ cupful rolled oats
1 tablespoonful oil or margarin
1 teaspoonful salt

Scald and peel the tomatoes. Stew them until they are soft. To the cooked tomatoes add the sugar, margarin, salt, and rolled oats. Turn into a greased baking-dish and bake for about one-half hour at 400° F.

*Roland Park, Md.*

## TOMATO CAKES

4 eggs
2 cupfuls canned tomatoes
3 tablespoonfuls shortening
About 2 cupfuls cracker-crumbs
¼ teaspoonful pepper
2 teaspoonfuls salt

Beat eggs light, add tomatoes and shortening melted, pepper and salt. Stir in cracker-crumbs to make it stiff enough to drop by the tablespoonful on a hot griddle. Brown on both sides and serve at once.

*Fort Dodge, Ia.*

# About-The-House Discoveries

### A New Use for Sandpaper

I saw a painter put a small piece of sandpaper under each end of a heavy frame when standing it on a narrow ledge. I tried the same thing when a large mirror was inclined to slip forward from its resting place on a mantel, and found it successful. The folds of sandpaper were so small that they did not show, and the mirror did not move again.

*Mrs. G. L. S., Cal.*

### Blotters for the Emergency

I keep a pack of large, plain, white blotters in the drawer of my sideboard, and when anything is spilled on the dining-room linen, instead of reaching for a freshly laundered napkin to sop it up with, I reach at once for one of the blotters, and the spilled liquid is absorbed immediately instead of being made larger by useless sopping. This simple process saves considerable time in laundering, because if it happens that milk or water has been overturned, the blotter takes up the moisture so quickly and thoroughly that the accident may often pass entirely unnoticed, and the linen may be used several times more. On the other hand, if the stain is of fruit or coffee, the blotter system is equally efficient in that what there is of the spot is much smaller in area, so that there is less linen to be rubbed and scalded. *P. W., N. Y.*

### Care in Using Electricity

Now that electrical devices of all kinds are so constantly used, many women forget that certain precautions must be taken in their use. Never turn electricity on or off when you are standing on a wet or even damp floor. If you do so, the current is apt to pass through your body. This advice is particularly applicable to the kitchen, bathroom, and laundry where water is most likely to be spilled. *Mrs. J. T., N. Y.*

### FOR PERSONS WEARING BIFOCAL GLASSES

For the benefit of those who wear bifocals, I suggest the following: I had an inch-wide white strip painted along the edge of our gray porch and on each step. The white lines show plainly even at night, and there is no danger of falling.

*M. S., N. J.*

### THE YOUNGSTER'S HIGH CHAIR

When our small son reached the age when he was large enough to eat at the table with us, we had to meet the problem of how to make his chair the proper height, for the "baby high chair" which he had been using up to that time did not look at all well in our Sheraton dining-room suite, and we were much opposed to the usual sofa cushion or big book placed daily on his chair. This is how we finally remedied the difficulty: We purchased four of the old-fashioned door bumpers, the sort with the hard rubber pad in the end, and screwed one in the end of each leg of Sonny's chair. This gave the required rise of quite three inches, and when they were stained mahogany color, they were almost invisible. In this way we had a thoroughly satisfactory high chair which stood with all the rest without spoiling the looks of our dining-room.

*Mrs. F. A. S., N. J.*

### TO RENEW WHITE WINDOW SHADES

While having my bathroom enameled, I remarked to the painter that I should be most happy to discover some way of making the white window shades fresh and clean again, as they had become soiled from long use. Immediately he came to my rescue, removed the shades, took them out into the garage, and hung them against the wall. Then he gave the shades a coat of flat white paint, and when they were dry, he put green paint on the other side, and now the shades look like new.

*D. W. D., Mich.*

EDITOR'S NOTE. This discovery was tested in the Institute and found to be very practical.

### TO RENOVATE A DAVENPORT

We have a wicker and tapestry davenport which had become soiled and the wicker broken in places. I had a slip-

cover made of cretonne harmonizing with the rest of the room. The slip completely covers the davenport and costs far less than a new davenport. *Mrs. P. S., O.*

### To Save the Furniture

When our baby got her first kiddy car, the furniture received many scratches. My husband then tacked a piece of rubber tubing around the front and back of the kiddy car, using as few tacks as possible. Since then, the furniture has been bumped but unharmed. The tubing also acts as a shock absorber and saves our baby many tumbles and jolts.
*Mrs. C. E. H., Pa.*

### When Adding Extra Leaves to a Table

After adding extra leaves to the dining-room table, all housekeepers know the inconvenience of having to open one tablecloth after another to find one of the right length for the extended table. To obviate this, mark the length of each cloth on the narrow hem, making very small letters and using white embroidery cotton. *E. S. L., N. J.*

# About-The-Laundry Discoveries

### A Laundry Bag

The most satisfactory laundry bag I ever had I made from a yard of thirty-six-inch cretonne. I folded it lengthwise and shaped it at the top so as to fit over a coat hanger. On the front side, I cut a slit long enough to push the soiled clothes through, and bound it firmly. Then I cut the back side of the bag longer, enough to enable me to turn it up at the bottom for a flap, which I fastened on the front side with five large snap fasteners. With a bag made in this way, the bottom can be unsnapped and the laundry dropped out without removing the bag from the hook on the closet door.

*M. K. A., Okla.*

### An Ironing Garment

Pin a Turkish towel around the left end of your ironing board. You will come upon many bits of work in the course of an hour's ironing that will repay you for the effort. Initials, some laces, and heavy seams look a hundred percent better when ironed over Turkish towels. *Mrs. E. S., N. Y.*

### A Novel Clothes Basket

One of the best discoveries I ever made came about when at a summer cottage. There was washing to do and no clothes basket until we discovered a bushel basket such as farmers use about a farm. Such a basket proved easy to lift when full of wet clothes, and when the laundry basket in my city home needed to be renewed, I went to a grocery store where such articles are sold, and bought three of the bushel baskets. My laundress speaks of the convenience of having three baskets to sort clothes in. Furthermore, one basket can be left in the clothes yard after the first wash is hung out, and is there ready for them when dry, while there are still wet clothes in the other two baskets. *G. B. H., Ia.*

### A Pad for the Ironing Board

If you have been seeking a good, thick pad for your ironing board try using two thicknesses of cotton batting. This makes an excellent pad. *Miss B. W., Ill.*

### Avoid Loss of Handkerchiefs

In sending handkerchiefs to the laundry, in order to avoid the loss of handkerchiefs and of temper as well, I baste them on a long tape, usually two together, and up to the present time have not been obliged to make one complaint with regard to the loss or tearing of handkerchiefs. Of course, they are returned unironed, but who would not be willing to press them out rather than not to have them returned to you at all, particularly in these days of high-priced linen! *M. L. I., Wis.*

### Bridge Table Covers Easily Washed

It always proved a tedious task to wash my bridge table covers because of the many tapes attached to them, used in keeping the covers in place on the table. Now I have dispensed with the tapes entirely and simplified the washing of the covers by making a tiny, square pocket on the under side of each corner, fastened with a snap. In each pocket I place a weight, which keeps the cover in position and can be slipped out when the cover is laundered. *Mrs. L. H. N., N. Y.*

### Dolls' Clothes-pins Solve the Problem

Dolls' clothes-pins have proved very useful in hanging the baby's clothes on a cord across the upstairs piazza. The big pins fall out, and safety-pins are very apt to tear the clothes. *Mrs. C. L. G., N. J.*

### Drying Woolen Sweaters

Heavy woolen sweaters may be dried most successfully in the following way: Lay a clean sheet kept just for the purpose over a window screen. On this place the washed sweater in exactly its original form, carefully placing the fullness in the front, with a flat back. Balance the screen on two chairs and

dry the sweater over a floor register or in a warm room in the winter time, or in a shady place out-of-doors if it is summer.
*Miss M. A., N. J.*

### HANGING CLOTHES IN COLD WEATHER

In cold weather I place my clothes-pins in a pan in the warming oven. When I am ready to hang out the washing, I put the hot clothes-pins in the clothes-pin bag. Each time I reach for a pin, my fingers get warm, and the hot clothes-pins also help to keep the corners from freezing too much in hanging the clothes straight. *Mrs. B. A. D., Utah*

### HOW I SPRINKLE MY CLOTHES

I sprinkle my clothes with boiling water and one of the round variety of vegetable brushes. This distributes the water in fine drops and prevents me from burning my fingers, and the clothes can be ironed in fifteen minutes. *Mrs. E. Y., Ohio.*

### KEEPING THE IRONING BOARD CLEAN

It is surprising how much dust can collect on an ironing board cover when it is not in use. To avoid this very thing, I have made a cotton bag into which the ironing board can be slipped after each time of using. This bag is long enough to fold over at the top and thus protects the board from dirt and dust. *Miss M. A., N. J.*

### REMOVABLE COVERS FOR HOLDERS

I find ironing holders, and in fact all holders, are bound to get soiled when used for any great length of time, and it is not an easy task to wash and dry them when they are so thick. To ease the washing of the same, I make the foundation pads of the usual size and shape. Then I make slip-covers of the same size as the pads, having short tapes on the edges. These covers slip over the pads easily, being tied in position. When soiled, the covers alone are removed and washed. Gingham, percale, or something firm and washable is satisfactory for the covers. *Mrs. T. W. B., Conn.*

### Saving Strength on Wash Day

When wash day comes around, I use the children's wagon to haul the wash basket of wet clothes from the back door or laundry to the clothes-line. It not only saves me a heavy load, but it also prevents dragging the larger pieces of the wash on the ground while they are being hung up, because the wagon can be drawn along right under the clothes-line. When there is snow, the children's sled answers equally as well. *Mrs. R. B. C., Ind.*

### To Iron Baby Pillow Covers

Our baby had several lovely carriage pillow covers given to him, which we found difficult to launder well. No matter how carefully they were ironed, the madeira embroidery looked a bit pulled, until we made a special ironing board to fit the pillows. All the pillow covers were regulation size for baby pillows, 17″ by 13″. We took the cover of a packing box and had it sawed slightly smaller than the pillow covers, so it could easily be slipped in and out. This we covered as one does a full-sized ironing board. Now the covers look better than new, when ironed. *Mrs. W. K., Ill.*

### To Keep Curtains Clean

To any one living in a smoky city, the problem of keeping the curtains clean is a difficult one. In my apartment I have solved the difficulty by having all my curtains of the same material and made identically the same, always keeping on hand one extra pair of curtains. Each week I put the pair of curtains which is soiled the most into the wash, hanging up the extra pair in its place. To simplify the laundering, I have two extra curtain rods in the laundry, each of which is six feet long, or over twice the width of one curtain. After washing, the curtains are stretched by hanging from one rod while the other is run through the bottom hems. In this way, the curtains dry easily, and by following the above plan my curtains are always clean and unwrinkled, my windows are never bare, and there is no extra labor involved in laundering the curtains. This method of drying the curtains is adapted to those made of net or filet. *Mrs. B. H. J., Ill.*

### TO KEEP THE BEDROOM CURTAINS CLEAN

Just how to keep the bedroom curtains from getting soiled and mussed at night when the windows are wide open was, until recently, a great problem to me, but I have at last hit upon a simple plan. Buy spring clothes-pins in any department store. Two are needed for each window. Catch the outside and inside edges of both white curtain and cretonne drapery together, lift these to the highest point that can be reached along the outside of the curtain, and snap all together with a clothes-pin. It is surprising how fresh and clean the curtains will keep when you follow this procedure.

*Miss M. A. H., N. J.*

### TO KEEP THE IRON FROM STICKING

If, when making starch, you use soapy water as the foundation, you will have no further trouble with the iron sticking to the article you are laundering. Allow one tablespoonful of soap jelly to each quart of water, adding the desired amount of starch, depending upon the garments to be starched.

*Miss E. H., Wis.*

### TO WASH HEAVY RAG RUGS

I have found a simple way of washing heavy rag rugs. Soak the rugs for five minutes in cold water, then spread them on a bare floor and sprinkle heavily with any good washing powder. Scrub the rugs until they are clean with a clean broom dipped in hot water. Rinse thoroughly in clear water in the laundry tub and hang on the line to dry.

*Mrs. L. J. O., Wyo.*

### TO WASH TRICOLETTE BLOUSES

I have a light tricolette blouse which must be laundered often. I found it difficult to iron it nicely after frequent washings. Now I simply hang the blouse on a clean wooden rod, then tie the rod to the clothes-line by means of a stout string. In the winter months I place the rod over the back of two chairs. In this manner the blouse dries smoothly and requires no ironing.

*Miss H. M. A., Minn.*

### To Wash Wool Stockings

Every one wearing wool stockings has more or less qualms in washing them because of the possibility of their shrinking. Not having any stocking stretchers I have hit upon a plan that is indeed a discovery. Before drying the stockings I put shoe trees in the feet, and this not only keeps them from shrinking, but makes them more comfortable when worn again.

*Mrs. A. P. W., Conn.*

### When Starching Clothes

In doing the washing for my family in our electric washing-machine, I found that the starching of from forty to sixty garments and pieces of household linen was the most tedious and disagreeable part of the whole undertaking. Almost immediately I happened upon this plan which has proved a real time-saver. I make about three-quarters of a gallon of starch. When all the washing is finished and the clothes have been rinsed and wrung dry, I put about half of the pieces to be starched, shaken out lightly, into one of the stationary tubs. I pour half of the hot starch over them and wring them one by one through the power wringer, the top ones first. As the starch drips off the wringer board, I hold the next piece under to catch it, occasionally sopping the starch out of the corners of the tub also, and then repeating the operation till all the clothes are wrung through. Then I put the rest of the pieces in the tub and pour the balance of the starch over them, repeating the wringing process. The starch is evenly distributed through the clothes, and I have no trouble with lumps when ironing them. If any piece is desired very stiff, it can be dipped in the starch first. *Mrs. J. T. H., Md.*

### When Washing Curtains

Net curtains that are hung with a rod both at the top and the bottom do not need to be ironed or stretched. Launder them in the usual way and hang on the rods wet. The curtains dry smoothly, with edges that are even and straight. If there is a top heading, pinch it up with your fingers when about half dry. The heading will stand up in nice plaits.

*Mrs. M. L. C., N. C.*

# Bath-Room Discoveries

### A Basket for the Bathroom

A small basket with a tall handle over which a scrubbing cloth can be hung to dry may contain a can of scouring powder and a brush for cleaning the bathtub. A small bottle of kerosene may be added by those who have tried this easy and sanitary cleanser. Kerosene cleans like magic, without hard rubbing, and quickly evaporates. In most bathrooms there is a little corner where such a basket can be set on the floor, and it will be found a real convenience for all concerned.

*G. S. B., Cal.*

### A Bath Mitten

When one of your Turkish towels is growing old, use part of it to make a bath mitten to wear when you are giving baby his bath. Make the mitten rather loose-fitting for your hand and button at the wrist. The warmth of your mittened hand will be agreeable to the baby. *L. M. Q., Pa.*

### An Excellent Way to Utilize Scraps of Toilet Soap

Save all odds and ends of toilet soap of every description. When enough has accumulated, break in very small pieces and put through the food-chopper, using the medium cutter first, and then the fine cutter. To one cupful of this granulated soap add one and one-half cupfuls of corn-meal and put through the food-chopper again until reduced to a coarse meal. This may be facilitated by rubbing between the hands to loosen the particles. When all will pass readily through a meal sieve, add one ounce of olive oil to each two and one-half cupfuls of the soap and corn-meal mixture. Blend thoroughly. An ordinary fruit jar with the rubber ring in place makes a good container. A quantity of this soap powder kept on the kitchen sink or in the bathroom will be found invalu-

able for cleansing very soiled hands and keeping them soft and smooth, besides being perfectly harmless and costing next to nothing. *Mrs. A. D., Cal.*

### One More Short Cut to Cleanliness

During the out-of-door season, my soul is often tried by my mud-loving sons trailing muddy foot-marks and quarts of sand over the bathroom, especially when I am doing all my own housework. The white-tiled walls, floors, basin, and tub all show their tracks even after one bath! Not so any more, for recently I made a discovery. I now keep a bath mat, a cake of soap, two bath towels, and two wash-cloths in my laundry. Every day, or oftener, my sons are led to the cool laundry and bathed in my laundry tubs, which are porcelain and as clean and as easily kept so as the bathtub. The tubs are at a convenient height for mother to help with the "corners," and that means a lot of backaches avoided, as any five-foot mother of two wriggling boys can testify, after she has doubled herself over the bathtub in the attitude of a measuring worm for half an hour a day. One more bit of saving this discovery has, and that is that the muddy, sandy garments that are stripped off the youngsters are right where they should be, ready to be washed. *Mrs. N. W. F., N. Y.*

### Rescue the Bath Towels

In a household of men and boys addicted to hard rubbing after cold showers, I have found that the life of heavy bath towels may be lengthened considerably by binding with one-inch tape all along the two sides where the first fatal breaks always seem to appear. A loop of tape in the middle of one side to slip over a nickeled hook on the bathroom door may suggest to the hurried youth a better way of disposing of a wet towel than leaving it on the floor or folding it when wet. *Mrs. T. R. H., Pa.*

### Soft Towels for Little Ones

I find that excellent towels for infants and small children can be made from birdseye cloth. Turn an inch hem and then stitch across this a narrow strip of light blue or pink chambray. These towels are easily kept white and are very absorbent. *Mrs. W. R. M., Okla.*

# Bed-Room Discoveries

### A Child's Bedspread

A spread that will help entertain a sick child can be made of blue galatea or solid-colored gingham. Make the spread any desired size; then pull apart the pages of a linen story book and stitch these on the spread, leaving spaces between the various pages. I have known a child to be entertained for an hour at a time with this spread. *Mrs. C. P. B., Tex.*

### A Crochet Hook for the Emergency

A crochet hook is a useful adjunct to the sewing basket or to the dressing-table equipment. When the end of a drawstring or tape disappears within its casing, insert the hook and quickly draw it out. *A. J. D., Mass.*

### An Improvised Dressing-Table Chair

I feel that I have rescued and found a place for the old-fashioned piano-stool that swung around at our will for so many years, but has gradually given way to the more artistic bench. There is no better chair than the piano-stool for a dressing-table chair. One can swing all the way around on it and see how one's hair looks in the back, or one's collar or hat. It really is a very practical help in seeing the impractical things, and dressed up in chintz or brocade, it looks very smart. *C. D., N. Y.*

### Covering Baby

As cold weather is with us again, it may lighten the burden of some mothers to know that the baby may be kept covered at night and saved from many colds by the use of two large horse-blanket pins. These may be bought at any of the department stores. Pin through the bedclothes to the mattress on both sides, and it will be impossible for the baby to kick off the covers. *Mrs. F. S. C., N. J.*

### For Coat Hangers

My dresses, coats, and sweaters often slip off the wooden hangers. Recently I purchased large-sized, rubber-tipped tacks at a hardware shop. I pushed one of these tacks in at each end of the hanger. This keeps the hanging articles from slipping off, and yet leaves no mark or bulge. This method is especially good for careless children whose clothes are continually slipping to the floor. *Mrs. M. L., Pa.*

### Sheets by Size

I have always been bothered by not knowing what size my sheets were when they came out of the laundry or the closet. I have now one less thing to worry me, for each sheet is marked so that I know at once whether it is narrow, medium, or wide. With a tape measure I measured every sheet I owned, and sorted them into three piles—narrow, medium, and wide. I left the narrow sheets unmarked. I marked the medium sheets with one cross in red marking cotton over the edge of the narrow hem, and I marked the wide sheets with two crosses in the same place. My sheets are now in three piles in my linen closet, and I know exactly what size sheet I am getting when I take one from the closet. What is more important, I can tell at a glance which pile the sheet belongs to, after it has been laundered. *K. C. C., Mass.*

### To Fold a Bedspread

To keep the bedspread from wrinkling during the night, I always fold it in the following manner rather than throwing it over the foot of the bed in the usual way: Begin at the top of the spread and fold it toward the foot in half. Then fold from each side toward the center, forming a triangle, the point of which is toward the head and the base toward the foot of the bed. Hold the point and fold it over the footboard. The spread does not drag on the floor or lose its position. To unfold, follow in reverse order. I have used this method all summer, and my bedspreads are not unnecessarily soiled or wrinkled. *Mrs. F. B. C., N. J.*

# Cookery Discoveries

### A Delicious Luncheon Biscuit

For the luncheon or afternoon tea service, the following suggests a dainty biscuit. Make the ordinary baking-powder biscuit dough and roll it to one-quarter inch thickness. Cut with a medium-sized biscuit cutter and spread each biscuit thickly with a deviled ham mixture. Roll up and bake as usual.

*Mrs. R. A. C., Mo.*

### An Emergency Dessert

An excellent dessert may always be quickly prepared if one has ripe, mealy apples on hand. Peel and core the apples, then chop them rather coarsely. Serve at once in sherbet glasses with plenty of powdered sugar and thick cream either plain or whipped. Lemon juice may be sprinkled over the apples if one favors such an addition. *M. M. H., Cal.*

### Apple Sauce in Disguise

I have discovered that green apples or any apples which are rather colorless and tasteless can be made into delicious apple sauce by the addition of red cinnamon drops. Add the cinnamon drops when starting to cook the apples, and by the time the apple sauce is done, the cinnamon drops will have imparted a delicate color and a cinnamon flavor which is most pleasing. Add sugar to taste, in the usual manner.

*Mrs. D. G. D., O.*

### Baking Squash

I used to have sad times preparing my Hubbard squash for the kettle or oven, often being obliged to call on the ax to help me, and generally winding up with at least one disabled member. Now, immediately after breakfast, I just wash

the squash and place it in the range oven. By dinner-time it is baked; then I open it with any common knife, remove the seeds, scrape out the squash, and with the addition of a little cream and seasoning I have the most delicious squash imaginable, for all its sweet juices have been retained and so has my temper! *O. D. B., Ia.*

### Custard Date Pie

When making your next custard pie, lend variety to its flavor by the addition of dates. Stone the dates and cut them in small pieces, allowing one-half cupful to the standard recipe for one pie. Add the dates to the custard mixture and pour into the pastry-lined pie-plate. Bake in the usual manner, and the result will be truly delicious. *Mrs. J. W. E., S. D.*

### Drying Herbs

When drying celery, parsley, or sage for winter seasonings, I leave all the leaves on and cut the stalks short enough so that they will fit in preserve jars. Then I place them in the uncovered jars with the leaves down and dry them in the oven. Then I adjust the rubbers and covers and store them away. Dried in this way, the herbs are particularly nice, as you can crumble them as you need them, some things requiring finer particles than others. *D. M. B., N. Y.*

### Many Ways with Chili Sauce

More times than once my store of canned chili sauce comes to the rescue. When I wish to bake beans and have no salt pork on hand, I empty a jar of my chili sauce over the beans. If I want a vegetable flavor in a small pot roast or a brown stew, I add chili sauce when making the gravy. For a sandwich filling I put through the meat-chopper any cold meat that I have on hand and then mix it with enough chili sauce to make a good paste to spread on the bread. *D. M. B., N. Y.*

### Maple Frosting

A very easy and very delicious frosting for cake is made by adding maple-sirup to confectioner's sugar until it is of the right consistency to spread on cake.

*Mrs. C. C. N., N. Y.*

### MASHED POTATOES OF A NEW FLAVOR

When preparing mashed potatoes, season them in the usual way with salt, pepper, and butter, then add onion juice and grated nutmeg, allowing one teaspoonful of onion juice and one-quarter teaspoonful of grated nutmeg to each quart of mashed potatoes. It is surprising how this little addition lifts this familiar dish out of the ranks of the commonplace.

*Mrs. L. A. C., Mass.*

### MINT GRAPEFRUIT

When serving grapefruit, it often whets the appetite to prepare it in a variety of ways. One of our favorite combinations is grapefruit and mint. Prepare the grapefruit in the usual manner, removing the tough portion in the center and separating the pulp from the skin around the entire circumference. Place one after-dinner mint in the center of each prepared half-grapefruit, chill thoroughly, and serve. This combination is particularly good for the dessert course.

*Mrs. R. W. S., Kan.*

### POP-CORN AND BANANA SALAD

When making banana salad, try substituting pop-corn in place of the walnuts or peanuts that are usually used. Cut the bananas in halves lengthwise and place on lettuce leaves. Decorate with salad dressing and pop-corn. The result is very artistic and economical. *E. Q., Que.*

### RICED CARROTS

Endeavoring to think of some novel way of varying the usual buttered carrots, an inspiration was the result. I scraped and cooked the carrots in the usual manner, and when tender, I drained them and put them through the fine sieve of a potato-ricer. With plenty of butter, the proper seasonings of salt, pepper, and paprika, and a vigorous beating, I had a delightfully tasty vegetable. *Miss M. L. A., N. J.*

### TO LIGHT THE CHRISTMAS PUDDING

One of the pleasantest memories of my childhood is that of seeing the Christmas pudding come in, enveloped in mysteri-

ous flames. And there is no need of giving up this pleasing rite, for my mother always used common lemon extract for producing the flame. Lemon extract contains a liberal amount of alcohol, so that it burns readily and has a delightful aroma. Try it! *Mrs. J. L. H., Va.*

### To Serve Eggs on Toast

When serving eggs on toast to children or invalids, cut the toast in small cubes, leaving the slice in its original shape, before putting on the eggs. Then the toast is very easily eaten by the child or invalid. *Mrs. T. J. McA., Mass.*

### When Making Cookies

When making rolled cookies which call for soda, you will find it much easier to mix the dough the night before. Then mold the dough into a long, slender roll and let stand in the refrigerator or a cold place overnight. In the morning slice the roll into thin slices and bake the cookies at the usual temperature. This method saves a great deal of time which is generally necessary for rolling out and cutting the cookies.

*E. S., Minn.*

# Discoveries Concerning Children

### A Milk Soda

Winifred was one of the little girls who would not drink milk, regardless of her mother's efforts. Her aversion seemed so great that mother finally stopped insisting. Then Winifred started to school. She immediately began asking for two pennies each day for recess lunch, which consisted of crackers and a glass of milk. Her mother was astounded, also elated, and asked why she wanted milk at school but refused it at home. Winifred's answer solved the question, "Well, mother, at school we drink it through a straw, and I can't smell it."

*Mrs. A. R., Ind.*

### Child Training in Cookery

Would you help your child and yourself at the same time? Then next baking day, when your child begs to help, let him help. The usual excuse the child receives is that the mother is too busy and can't be bothered. I thought I would give my children the chance really to cook, and what is the result? On baking day I can turn part, or the whole of my baking over to my fourteen-year-old son and my eleven-year-old daughter. They can cook equally well and take great pride in what they do. I do not ask them to do too much, just enough so they are always desirous of doing more.

*Mrs. C. R. P., Mass.*

### Dominoes, a Child's Teacher

We find playing dominoes a great help to the children in their school work, making them quick and accurate in addition from much practise. It also serves to keep them quietly occupied on rainy days and at odd minutes. We adults often take a hand. The children began at quite an early age with the usual set, which runs to double six; they might have begun earlier

still if we had taken out the higher numbers and stopped at double four. We start the game with the double blank and play in four directions, thus having four ends to count. At present we are playing with a set that goes to double twelve, and later we shall have one that runs up to double fifteen. These larger sets make a good joint Christmas gift to the children of a family and are usually a good deal of a surprise, so few people know of their existence. *Mrs. G. H. S., N. J.*

### Drinking Milk the Kiddie's Way

Perhaps your child will not drink his milk. Perhaps you are to blame for placing a large glass of milk before him and bidding him "drink it all"! There is a better way. A small pitcher and a little, flat-bottomed wine glass will do the trick. Pour a little milk at a time from the pitcher into the tiny glass and watch your child delight in taking every drop. If the child is old enough, let him pour it himself. This is a healthful method, for the milk will never be taken in large gulps. *Mrs. E. C. J., Ill.*

### Eating Cereals

My two little girls refused to eat cereals until recently, when it occurred to me to give them each a little sugar bowl and pitcher so that they might help themselves. As the pitcher and sugar bowl hold only enough for one serving, there is no waste or over-sweetening. Besides teaching them to wait on themselves without spilling, they are getting the benefit of wholesome cereals for breakfast and learning to like them.

*Mrs. E. M., Pa.*

### Favors for a Child's Party

How the children love my edible Red Riding Hoods, because they are something different! For each Red Riding Hood a marshmallow, a toothpick, a small bar of chocolate, and red tissue paper are necessary. Use the toothpick to paint a face on the marshmallow with melted chocolate. Then stick it into the marshmallow for a neck and through the chocolate bar for the body. Now make a little red dress and cape and stand a Red Riding Hood at each child's place.

*Mrs. A. P. W., Mass.*

### FOR CONVALESCENT CHILDREN

If a mother finds it hard to find amusement for convalescent children, I wish she would try a handful of toothpicks with a little pan of puffed wheat or puffed rice. My four little ones had mumps one after another, and after watching the first, when he was able to sit up in bed, make so many interesting things with the toothpicks and wheat, I really believe they were rather anxious to be just sick enough to play with them.

*Mrs. C. S. W., Ill.*

### GLYCERIN SOAP BUBBLES

Having two small sisters, I am often called on, in case of their illness, to help entertain them. And I have at last found a sure way of keeping them contented and happy when they are well enough to permit it. I place a woolen blanket on top of the bed coverings and provide each child with a clay pipe. Then I prepare a cupful of real soapsuds, adding to it a small amount of glycerin. The children can blow bubbles to their hearts' content, and the glycerin makes the bubbles tough so that they settle on the blankets and often remain four or five minutes before breaking. *D. McC., Ia.*

### INTEREST IN HEALTH

In the school my children attend there are no school nurses, nutrition classes, etc., but I tell them what is being done in other schools along health lines, and we try to carry out some of these principles, chief of which are weighing and measuring. I give each a weight chart that they may see for themselves what they should weigh, impress upon them the value of proper food and plenty of sleep, and once a month take them to the scales. They are quite interested in observing their progress and are not nearly so indifferent regarding meals as they were before I had them keep their own records.

*Mrs. T. K. F., W. Va.*

### NEATNESS AS A VIRTUE

I had noticed so many young girls who were either dowdy looking or overdressed that I resolved that my girls should not be in either class when in their teens if I could help it. I

began their training by teaching them the value of matching colors between hair ribbons and dresses. Now my seven-year-old girl selects the ribbons for her dresses, never making the mistake of choosing a varicolored, Roman-striped hair ribbon to accompany a plaid dress, but instead selecting a black one or one matching the predominating color of the plaid. She has many colored handkerchiefs, and we have serious talks about selecting the proper color for the proper dress. She has a miniature manicure set just like mother's and takes great pride in its use, which results in clean nails of suitable length. This may sound unnecessary to many mothers, but I am looking forward to the future, when I hope to reap my reward in seeing a well-dressed girl who will not be conspicuous for untidiness or loud dressing. *Mrs. A. S., Mass.*

### Remedying Time Wasters

There have been two small things in my family of three little girls that have caused more petty annoyance than all the big tasks put together. These were heralded in my busiest moments by questions such as, "Mother, this button has come off," and "Mother, my pencil's broken," or "Where is a pencil?" My decision to remedy the need of wasting time on such little things resulted in the following: First, I took an attractive Indian basket, called the children around me, dedicated it as my "Handy Basket," and made a game of it to see who could add most to it. The ordinary threads, needles, small scissors, and thimble were placed in it, and each child was to add every button she came across loose. Now, when an accident happens, here comes the needy one bringing the remedies along, and only a second of my time is required. Next, I screwed a patent pencil-sharpener in the playroom within easy reach, and above I nailed a neat wooden box, then instigated a contest to see who could find the most pencils for the box. No longer does "Let's play school" or "Let's draw" have any terrors for me, for they can all wait on themselves.
*Mrs. L. D. W., W. Va.*

### The Game System

My two small children had lost, damaged, or destroyed many of their pretty small toys by reason of their being put away

indiscriminately with the heavier toys. Not liking the mental effect of so much casual destruction, I worked out a plan for grouping their toys into so-called "games." For example, several celluloid ducks, a little pail of sea shells, a box of Japanese shells containing tiny toys, two miniature boats, a little mirror, a wee celluloid parasol, and several very small dolls were all fitted into a berry basket painted (when inverted) to represent a house or shack, and became known as the Beach Game. A fleet of battleships, several three-inch trains, and numerous tiny lead automobiles and horse-drawn vehicles are the Street Game and are usually asked for in combination with a box of dominoes. The Street Game in its present proportions fits into a pound candy box. But one beauty of the scheme is its capacity for growth. Each new toy must be allotted to a "game" suitable to its uses, and this affords constructive thought. The various "games" are kept on the shelf with the regulation games and sets of blocks. The children are given a choice of one or two "games" at a time, each, with the understanding that each game is to be replaced in the box which fits it. My children are very careless and most "rampageous," as one only expects wide-awake and healthy youngsters to be, but not once in more than six months have they failed to replace properly one of the games. I think they really enjoy fitting back the toys. And best of all, each toy is safe, with a place of its own, where it can not be crushed by larger toys, and has slight chance of being lost. Breakages are prone to occur even with the game system, but the casualties are reduced 90 percent.

*M. J. R. R., Wash., D. C.*

### TEACHING SYSTEM

I know all mothers find teaching system to their children a problem. I have solved mine by taking a large sheet of paper and on it a series of pictures cut from magazines. For instance, the rules for going to bed had pictures of children taking shoes and stockings off, hanging up clothes, washing face, etc. This makes rules interesting, especially for the young members of the nursery who can not read. They love to see the pictures of other children cleaning their teeth and putting away their toys. *Mrs. A. J. C., Ala.*

# Kitchen Discoveries

### A Biscuit Cutter

Remove the bottom which holds the parts of an aluminum collapsible drinking cup together, and you have three biscuit cutters of graduated sizes. *Mrs. C. C., N. C.*

### A Drinking Glass for Every Child

The children would come in at odd times to get a glass of water until at dinner time there would not be enough glasses to set the table. So I screwed wire glass-holders into the window casement side by side, labeling one for each member of the family. Now each child can keep his own glass separate from the others, and all are handy to gather up for washing.
*Mrs. J. B., Mich.*

### A New Funnel

I have seen many "wrinkles" for getting liquid into small-necked bottles, but I think I have found a better way than any of them. I take the little metal top of an umbrella cover, and it makes the finest sort of small funnel, which will fit into almost any bottle made. If one is in great haste, one can put a larger funnel into this, as the upper part is nearly an inch in diameter, and then one may pour as fast as one wishes.
*C. L. M., O.*

### A Place for the Dishpan

To save reaching under the drainboard to get my dishpan from a nail, which is the usual place for putting it, I have had a shelf built under the drainboard just low enough to take the dishpan. There I keep the dishpan, rinsing pan, and drainer where they may be reached without any effort.
*K. S. C., Mass.*

### A USE FOR PARAFFIN WRAPPERS

A household help that I have found invaluable is the paraffin paper wrappers that come around loaves of bread. These lend themselves to many kitchen services, but the best use I make of them is for the cleaning and polishing of my coal range. When the steel is moderately warm, the paraffin melts just enough to polish it. *Mrs. W. D. F., Kans.*

### ORDERING ICE BY POUNDS

It is often a great annoyance to the busy housewife to accomplish the necessary household tasks and still keep a watchful eye for the ice man's arrival in order to tell him the amount of ice desired. I have eliminated this inconvenience in the following manner: I cut out the figures, ten, fifteen, twenty, thirty, etc., from a large-typed calender, and when I need ice, I attach the necessary figure to the ice card with a clip.
*A. C. W., Mass.*

### TO CARE FOR TABLE OILCLOTH

To make table oilcloth more satisfactory and durable, clean it well and rub it occasionally with liquid wax, always polishing well afterward. It will be easy to keep clean, and its lifetime will be prolonged indefinitely. In polishing it, wrap a soft cloth or piece of flannel around an iron, using this for a polisher. *Mrs. M. W., Ill.*

### TO KEEP THE SINK SHINING

Soap jelly, which is made by dissolving a large bar of soap in two quarts of boiling water and two tablespoonfuls of kerosene, is a great aid in keeping a white, shining sink. I keep a glass of soap jelly on the sink shelf, and when I have finished my dishes, I put a little on a cloth which I keep especially for that purpose, and clean the sink. Then I wash the sink out with clean, hot, sudsy water, and the result is well worth the effort. *Mrs. J. A., Okla.*

# Sewing-Room Discoveries

### A Romper Suggestion

The question of how to make rompers for my year-old son and do away with those wet buttons and buttonholes between the legs, which are always so difficult to manage, was solved in this way. I made kimono-sleeved waists of white or light material opening in the front. To these I buttoned dark-colored gingham bloomers of the popular Dutch style, so that they dropped across the front instead of the back. When it becomes necessary to change his diapers, I just unbutton the bloomers across the front at the waist and pull his legs out of the elastic knee bands. I find this much quicker and easier than the usual method. *Mrs. J. A. F., Conn.*

### Buttonholes on Sheer Material

Have you ever been discouraged when making buttonholes in material which frays out easily? Try the following: Mark with chalk the place where you wish to put the buttonholes, also the size. Take the garment to a place where machine hemstitching is done and have them run the machine over each chalk line. The hemstitching can then be cut as for picoting and the buttonholes worked over the picot. In this way, you will have a neat, satisfactory buttonhole.

*Mrs. F. E. C., Conn.*

### Evening Stocking Darning

Darning dark stockings at night was quite an ordeal for me until I discovered that by inserting my electric spot-light in the stocking and darning the stocking over the illuminated glass end, the process was made quite simple. Aside from the light enabling me to darn faster and more neatly, I found the glass surface an excellent darner. *Mrs. W. G. H., Pa.*

### RENOVATING CRETONNE DRAPERIES

When I took down my cretonne draperies this year, the cloth was still perfectly good, but the sun had faded the colors. I laundered the draperies, then while they were still hot from the ironing, I took regular school coloring crayons and went over the designs. I used the color sparingly where little color was needed, and pressed harder where the color was deepest in the original design. Then I put plain paper over the work and pressed it with a hot iron. The curtains looked like new.

*Mrs. H. A. C., Ind.*

### SETTING IN INSERTION

When making my baby clothes, I discovered a method of setting in insertion which I have used since on all sheer material. Hems on either side are avoided by having a line of hemstitching made where you intend the insertion to go. Cut through the hemstitching and sew the insertion to either side with fine stitches. This saves much time in rolling hems and produces a neat finish. *Mrs. E. T. N., O.*

### SLEEPING-PORCH NIGHT CLOTHES

For sleeping-porch night clothes, I find that a pair of full-sized white cotton blankets without a border will make two night suits of the style which have long sleeves, long legs, and feet, and button from the neck down to the waistline in front. I can get a hood also, to go with each suit. These blanket night suits cut to advantage, and are very warm and quite inexpensive. *Mrs. S. E. C., Wash.*

### SLIP PETTICOATS

In making slip petticoats for my growing girls, I do not sew up the shoulder seams, but face them back for about two inches and sew on the under side of the fronts, and the upper side of the backs, three snap fasteners about an inch apart. The skirt may then be adjusted at the shoulder seams to suit the length of the dress with which it is worn, for although theoretically all the dresses are the same length, some shrink more than others in laundering, and it is hard to have the petticoats and dresses of identical length.

*Mrs. S. W. F., N. J.*

### To Replace Worn-Out Tape

When running a new elastic or tape through underwear, pin one end of the new tape to one end of the old. Then, as the old tape is pulled out, the new tape will be pulled in.

*Mrs. H. A. S., Pa.*

### When Darning Stockings

Do not use darning stitches when the heels of your stockings become thin at the line of the top of your low shoes. Use a spool of silk and make parallel lines of fine chain stitches. This matches the stocking mesh so well that it can scarcely be detected. *F. P., N. Y.*

### When Lengthening Dresses

When it is necessary to lengthen my little girl's dresses, I find the regular gauze bandage which comes in rolls of different widths just the thing to use in facing them. The gauze shrinks so little that if it is placed on the under side when stitching, the hem will be perfectly smooth and not wrinkled when ironed. *Mrs. M. K., Ia.*

### When Making Silk Cording

It is often impossible to buy suitable cord for silk, satin, and other thin materials, as the regulation cord sold in the shops is rather heavy, not always graded sufficiently as to size, and has a twist which the silk covering does not always disguise. I have found an excellent substitute in the use of wool of any size, color, or condition. You can regulate the size of the cording by the number of strands of wool selected. Furthermore, the wool is light, and cording made from it can be sewn on very easily. In this way, old, faded, and otherwise useless wool becomes highly useful. *Mrs. W. T., N. J.*

# What is
# GOOD HOUSEKEEPING INSTITUTE?

GOOD HOUSEKEEPING INSTITUTE, which is just one of the many departments touching every phase of women's interests from fashions to foods which are maintained by *Good Housekeeping,* is a highly organized laboratory where, for more than thirteen years, all kinds of household appliances, recipes, and home managing methods have been tested under conditions which closely approximate those found in the average home.

GOOD HOUSEKEEPING INSTITUTE is operated by a staff of eight experts, together with eleven assistants.

## Two departments

It is made up of two departments. One is the Department of Household Engineering, which tests new appliances and labor saving devices. The other is the Department of Cookery, which tests recipes and evolves new methods of cookery in well equipped kitchen laboratories. The recipes set forth in this book represent the favorites submitted by *Good Housekeeping* readers all over the country. These recipes, as well as every recipe in GOOD HOUSEKEEPING MAGAZINE, have been thoroughly standardized, tested and tasted by the corps of trained workers in the Department of Cookery.

## At your service

The entire staff of both departments of GOOD HOUSEKEEPING INSTITUTE is entirely at your service at all times to assist you in your home-managing problems. The service is free to *Good Housekeeping* readers; there is no obligation of any nature whatsoever. Do not hesitate to call upon them.